

3 KEY AREAS:-

1. **Physical: function (progressive weight on scale, decrease time on crutches, paced, set goals and reward for effort)**
2. **Desensitisation and reorientation- see below**
3. **Mind-body awareness: HURT does NOT equal HARM, 'I CAN BE THE BOSS OF MY PAIN!', relaxation, music, toning down the pain system;**

1. PHYSICAL:

1. Activity Diary – fill it in so we can look at it together at our next appointment, swimming, walking without crutches, weight on scale x5 each time
2. Goals Ladder – remember to pace your activities, choose goals that are important and have meaning for you

2. DESENSITIZATION:

3. Recognise Program – APP (3 times per day) – feet and hands
 - q Time how long it takes – try and beat your fastest time
 - q record scores and times on STAR / REWARD chart
4. Light Touch – tissue
 - q Touch sore area 10 times with a tissue- aim for every hour at school
 - q Increase number of repetitions and widen area
 - q record scores and times on STAR / REWARD chart
5. Light Touch – brushes, painting games
 - q Paint the sore are 5 times every hour/ 2 hours
 - q Increase number of repetitions and area
 - q record scores and times on STAR / REWARD chart
6. Light Touch – put cotton wool in bucket game
 - q Put marbles / chocolates or jaffa's in bucket – pull items out through the cotton wool with hands or toes
 - q 10 times on each hand / toes
 - q Increase number of repetitions,
 - q Time how long it takes – try and beat your fastest time, how many can you get in 10 secs?
 - q record scores and times on STAR / REWARD chart
7. Other Touch – place marbles in a bucket of water
 - q 5 times – dip in hands / toes retrieve marbles from the bottom
 - q Increase number of repetitions
 - q Time how long it takes – try and beat your fastest time, how many can you get in 10 secs
 - q record scores and times on STAR / REWARD chart

3. MIND-BODY AWARENESS

Recognise App – if you have any of the apple products (iPhone etc) you can download the App – called 'recognise' it is by the Noi group (it is part of a graded motor imagery program that we often use) – you may can also access the program on a PC via www.noigroup.com/recognise if you log onto this website it will give you some more details on the program and will allow you to do 5 free

trials of the program.

8. "Be the Boss of your Pain" Book – make sure you have read it for our next appointment

Remember:

- ✓ make it fun, set goals and reward use strategies you have learnt from physiotherapy, occupational therapy and psychology
- ✓ Often function improves before the pain goes away
- ✓ keep telling yourself "I am not doing myself any harm". **"I am the Boss of my pain!"**