



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 410

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**Stretching Exercise Workshop for Chronic Pain**

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**Keywords:**

Stretching Exercises

Chronic Pain

Education

**Introduction**

Many people in modern society engaged in repetitive work, physical inactivity with poor posture, suffering from chronic pain over multiple areas, hence burden hospital services in emergency, orthopaedic specialty and physiotherapy. Stretching exercises workshop was designed to serve these patients suffering from multiple types of pain syndromes like osteoarthritic knee, plantar fasciitis, chronic back and neck pain...etc.

**Objectives**

1. To ease pain and improve functions for patients with chronic multiple pain. 2. To empower patients to tackle their pain through an active approach. 3. To prevent prolonged adherence to medical services.

**Methodology**

The workshop is targeted for patients receiving physiotherapy for pain control currently. Through poster promotion internally, patients or their case therapists might initiate the recruitment. Clients with following problems are excluded: recent injury with acute/sub-acute signs, American College of Sports Medicine (ACSM) Class III clients, Modified Functional Ambulatory Category (MFAC) VI or below, major joint instability, major cognitive impairment, diagnosed psychosis and age above 65. Six sessions of group workshop included theory and practical of selected stretching exercises for major muscle groups in the whole body, with exercise sheets given to enhance home practice. A short questionnaire was used to evaluate outcomes after the workshop. Patients will be followed up 1 year later for medical utilization.

**Result**

Fifty-six clients completed the workshop from April to December 2012 with attendance rate 88.5%, 80.4% being female. The largest age group ranged from 51-60 (46.4%). Most patients (42.9%) reported 3 sites of pain, for more than 24 months (57.1%). Their job types most frequently were sedentary (32.1%) and housewife (28.6%). By the end of the workshop, 84% of patients reported reduction in pain level, 71.4% improvement in functioning. To review self-efficacy, 92.9% of patients found the exercises easy to follow and 96.4% of clients are satisfied with the workshop. The results shown that female with age ranged from 51-60; sedentary workers and

housewives have highest risk to suffer from chronic pain. They are usually suffered more than 2 years; with pain more than 3 regions. And stretching exercise workshop led by physiotherapists can effectively ease chronic pain and improve functions.