



Service Priorities and Programmes Electronic Presentations

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Stretching exercise workshop for chronic pain

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Introduction

Many people in modern society engage 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 programme 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, ACSM Class III clients, MFAC Category 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 and charts given to enhance home practice. A short questionnaire was used to evaluate outcomes after the programme. Patients will be followed up 1 year later for medical utilisation.

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. 96.4% of clients are satisfied with the

workshop. Conclusions: 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.