



PATIENT INFORMATION

Pain Rehabilitation Team and Reconnect2life Therapies

About us

You have been referred to the Pain Rehabilitation Team. The team comprises of Physiotherapists, Occupational Therapists, and Physical Activity Specialists, who are specialised in working with persistent pain.

The service is set up to work with people who have persistent pain to identify ways to improve the quality of their life and support them to spend more time doing the activities that matter to them most.

Your appointment

Your first appointment will be a telephone call, lasting up to 1 hour. We will discuss the history, nature, and impact of the pain, and what triggers it. We will explore the impact of these on your life, including physical, emotional, and social aspects. This will involve asking you about your values: finding out what matters to you, what strengths, and qualities you want to develop, and what you can change or do differently to make your life better.

At the end of your first consultation, we will discuss a possible treatment plan with you. This may include recommendations to work with other services as well as PRT. We have treatment options available, including video sessions (group and individual video sessions), face to face 8-week short courses, and information sessions.

If you have any questions about the above, or what to expect at any stage of the referral process, please email the team: on tsdft.reconnect2life@nhs.net

FREQUENTLY ASKED QUESTIONS

Why have I been referred to the Pain Rehabilitation Team?

You have been referred to see if there are any non-medical ways to help you manage your pain, so that it is more in the background and affecting your daily life less.

Will you be prescribing drugs for me?

No, we do not prescribe or change medication. Your GP can refer you to the pain clinic, if necessary, for further advice on suitability of medication treatment.

Will I be having a scan/x-ray or injections?

No, this assessment is for non-medical advice and treatment.

Will I get a diagnosis for my pain?

Your GP and local MSK Physiotherapy Teams will have given you a preliminary diagnosis and referred you to specialist teams when indicated. If you remain uncertain about why you have persistent pain, please look at the 'understanding pain' resources on our website. The PRT will work with you to manage your pain symptoms with or without a diagnosis.

Will I get hydrotherapy?

The PRT no longer offers hydrotherapy as a standalone. Your MSK Physiotherapist can refer you to the Rheumatology/hydrotherapy team at Torbay Hospital. We do include some pool sessions as part of groups that we run.

How do I access support for my mood?

You can self-refer to TALKWORKS on-line <https://www.talkworks.dpt.nhs.uk/>

You can also call them on 0300 555 3344 They will do an initial assessment and either offer treatment or signposting based on your need.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.