

Meet your team:

All roles are here to support you to learn how you can manage chronic pain and how to get back to a normal life again.

Physician

A medical doctor specialized in chronic pain will make a treatment plan with you to help you manage the pain and get back to a normal life. First, she or he will learn about your symptoms and impairment in daily life due to the pain. She or he will review your personal and family medical history, assess your daily functioning and lifestyle, and perform a physical examination. Then the doctor will provide helpful information about chronic pain – what it is, how it may develop, and what can be done about it. She or he will introduce you to the other team members and will coordinate the treatment of the pain with all team members. The team may include a nurse, physiotherapist, occupational therapist, a psychologist or psychiatrist, and a social worker. Medications are rarely required. If a medication is required, your physician may initiate and monitor your medications to ensure they are helpful.

Psychologist or psychiatrist

A psychologist can teach you techniques like breathing, muscle relaxation, and cognitive-behavioral strategies such as distraction, mindfulness, and evaluating your thoughts about the pain, and can also help you find ways to continue with everyday activities that you enjoy.

Sadness or worry about pain, challenges at home, at school, or with friends makes it harder to cope with chronic pain. A psychologist or psychiatrist can help you to identify and manage these problems if they occur. The psychologist or psychiatrist will often work with teens alone but may also include a parent or even the whole family to support their work together. In the case of younger children, parents may be essential in helping to continue the work at home.

Physiotherapist

Physiotherapists are experts on how the body moves and what stops it from moving. As movement specialists, physiotherapists can help you identify and work toward your activity-related goals. Physiotherapists work with other team members to provide education and evidence-based treatment for chronic pain so that you can maintain movement for the rest of your life.

Occupational Therapist

Occupational therapists teach children and teenagers with chronic pain different strategies to allow them to participate in their daily activities and manage their pain. Therapy may include learning pacing to increase activity, learning ergonomics to better position the body during activity, relaxation strategies to calm the nervous system, adaptations or tools to make an activity less painful, as well as strategies to desensitize painful areas of the body.