

Common Treatment Strategies

- Pain education
- Physical modalities e.g. heat therapy
- Desensitization
- Trigger point release
- Graded activity training
- Advice on activity modification
- Prescription of orthosis or assistive devices
- Community re-integration e.g. powered mobility training
- Work integration
- Home visit and environmental modifications



Clinic B1C

TTSH Medical Centre, Level B1

Contact:

6357 7000 (Central Hotline)



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PAIN MANAGEMENT CLINIC

Occupational Therapy in Pain Management



PAIN AND ITS EFFECTS ON ACTIVITIES OF DAILY LIVING

Pain is a common reason for a person to seek medical attention. When pain becomes persistent, it may result in disruption to daily routines, reduced independence, social isolation and possibly even disability.

Doing daily activities can be challenging with persistent pain.

Pain can be due to various factors, such as:

- ⦿ Physical decline in function
- ⦿ Improper body posture
- ⦿ Reduced understanding of the causes of persistent pain
- ⦿ Lack of understanding on how to cope with pain
- ⦿ Significant psychological distress
- ⦿ Environmental barriers

Role of Occupational Therapy in Pain Management

Occupational Therapy focuses on enabling individuals to engage in meaningful daily activities or to explore new ones, despite the presence of pain.

At Tan Tock Seng Hospital, an Occupational Therapist (OT) collaborates with other healthcare professionals to improve our patients' physical, psychosocial and functional abilities.

How Will an Occupational Therapist Help in Pain Rehabilitation?

- ⦿ Identify important daily activities which you may have difficulties with
- ⦿ Conduct functional goal setting
- ⦿ Improve your performance in daily activities in the areas of self-care, work and leisure activities
- ⦿ Explore modifications to activities of daily living or your environment to maximise your participation in daily routines

