



Topical Issues in Pain 5: Treatment Communication Return to Work Cognitive Behavioural Pathophysiology

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Volumes of the Topical Issues in Pain series are now a common sight in Physiotherapy departments and practices throughout the UK. More and more students are using them to learn clinical skills and as key references for study and research. The accolades the series has received from within and outside the profession are both moving and cheering for Physiotherapy. This 5th volume energetically moves the boundaries of Physiotherapy on, divided into 5 sections, it considers some of the most important issues and challenges facing clinicians and society today. The section on return to work (3) examines the financial and human costs of work absence, the difficulties that surround and often prevent people in pain from returning to work and finally details practical ways of helping patients actually get there. It is becoming increasingly clear that the traditional treatments being offered for common and benign pain states, whether by therapists, Drs or Surgeons, are ineffective when measured in terms of return to work and confident function - why is this? The answers most likely lie in the broader, multidimensional, understanding of pain biology (section 5) that is embraced in the principles and practice of cognitive-behavioural therapies and approaches (section 4), especially when they are used alongside physical rehabilitation programmes (sections 1, 2, 3 & 4). Vitaly, these proven approaches are patient-orientated requiring highly trained experts in listening, explaining and communicating (sections 1 & 2). This book acknowledges that there no simple 'fix' that takes a hurting human being from a state of vulnerability back to one of physical confidence and full working potential. What it is does though, is breathe a breath of optimism into the current state-of-the-art of the physical pain-management process that, when skilfully applied, actually does help a great deal. The Topical Issues in Pain series derives from the w

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