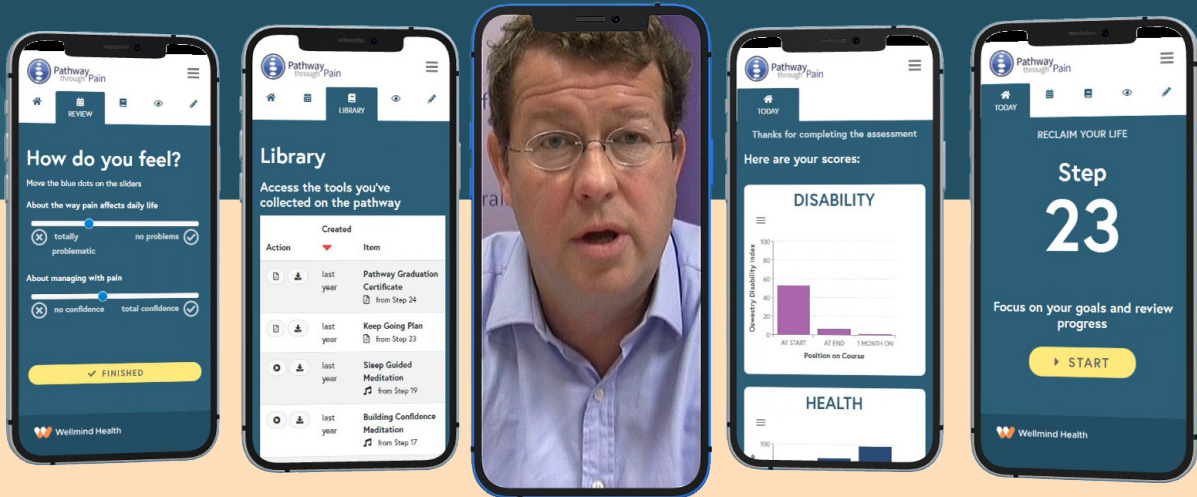


QUICK GUIDE



Pathway through Pain

Pathway through Pain offers a quick and flexible way to support employees with challenges related to chronic musculoskeletal pain to remain in and be productive at work.



Pathway through Pain is an **effective, discreet and accessible** digital program that empowers participants with the skills and knowledge to effectively overcome barriers in the workplace.

This is achieved through the practice of pain self-management methods, and cognitive approaches learnt throughout the program.

Pathway through Pain can effectively complement and enhance strategies implemented by job coaches, mentors, VRCs or MHSSs.

- ✔ Quick and simple to get started
- ✔ Participants learn to recognise and reduce pain triggers
- ✔ Build positive habits to prevent escalations in pain
- ✔ Easily accessible on-demand to discretely practise skills at work
- ✔ Regular feedback to recognise progress and maintain motivation
- ✔ Reduction in anxiety, depression, and trouble with concentration
- ✔ Increase in confidence in the ability to do work, cope with pain and live a normal lifestyle.



EXAMPLE RECOMMENDATIONS / JUSTIFICATIONS

Pathway through Pain (PTP) enables participants to personalise their program by learning what works best for their needs and circumstances to manage their pain. The following are examples of how utilising PTP might benefit different workers.

1 Office manager with neck pain, anxiety & stress needing time off work

Sam is an office manager whose routine work tasks include attending team meetings, administrative duties, organising events and travel for colleagues, and ensuring all equipment and supplies are maintained and well stocked. Sam has had neck pain since a car accident 6 years ago, and since then has needed to take several periods off work due to pain as well as anxiety and stress.

Pathway through Pain will help Sam to assess and understand their needs in relation to pain management, to recognise unhelpful thoughts related to pain and self-confidence, and to know how to challenge these. Of particular use will be the stress relief techniques and the lessons around goal setting and pacing. Sam will be able to revisit exercises in PTP at work when she is struggling and particularly practice how to recognise pain triggers and communicate clearly when in pain to avoid additional stress, worry and potential work absences. Review points will allow Sam to recognise their progress and maintain their motivation to manage their pain and remain in work.

2 Warehouse operative, unable to take medication, struggling to complete full days

Steven is a warehouse operative whose day-to-day tasks include manual handling, driving forklifts and operating packing machinery. Steven currently struggles to manage full days at work due to musculoskeletal pain and is unable to take prescribed pain medication when at work due to side effects (drowsiness, balance, concentration).

Pathway through Pain will support Steven to complete an initial assessment to understand their needs, then practice simple stretch exercises daily to prepare for their workday and build up tolerance to be able to complete full days. PTP will teach Steven to review his work tasks daily and weekly, set appropriate goals and pace activities to enable them to manage full days. On days when Steven is struggling, they will be able to recognise pain triggers, and access and revisit the steps of the program to use pain relief techniques.

3 Hospitality worker, long drives and long hours, struggles with morning pain

Mira works in hospitality and is on her feet all day. She also drives up to an hour to and from work each day, which often results in struggling to perform work tasks at the start of her shift due to pain.

Accessing videos and undertaking PTP exercises before leaving home and/or on first arriving at work will help minimise the impact of the commute on Mira's day. PTP will also enable Mira to recognise triggers and acknowledge when pain is likely to escalate, in order to revisit and practice PTP content or prioritise/reorder work tasks and better cope with pain.

4 Work-from-home analyst, struggles with pain, fatigue and poor concentration

Kamal works from home as a reporting analyst, which can involve prolonged periods reviewing documents and data on a laptop and writing reports. Kamal finds that they struggle to maintain concentration due to pain and fatigue and are falling behind with their work as a consequence.

In addition to providing home office equipment to improve posture, it is recommended that Kamal undertake the PTP program to enable them to better recognise their pain triggers and build positive habits for working from home. PTP will ensure that Kamal maintains their motivation to practice the program by sending regular emails encouraging them to practice exercises to improve concentration.

OUTSTANDING WORKPLACE OUTCOMES

23%

REDUCTION IN ANXIETY,
DEPRESSION, AND TROUBLE
CONCENTRATING ON THINGS

40%

IMPROVEMENT IN
OVERALL CONFIDENCE

23%

IMPROVEMENT IN ABILITY
TO DO WORK,
DESPITE THE PAIN

46%

IMPROVEMENT IN CONFIDENCE
IN COPING WITH PAIN
WITHOUT MEDICATION

47%

IMPROVEMENT IN CONFIDENCE
IN LIVING A NORMAL LIFESTYLE,
DESPITE THE PAIN



★ Trustpilot



"This course has helped me each and every day through a difficult time. Thanks to the steps provided it has helped me to combat my fatigue. I feel empowered and able to manage the pain so much better and feel able to complete tasks I enjoy and somehow manage the pain. I hope to return to work in the new year I will find a new 'normal'"

"I was somewhat hesitant to give this course a try, as I felt that I had tried so many things and nothing helped. Once I got started on the course, I very quickly learned how to cope better when I experienced flare ups or was in pain. I now am conscious of how long I am sitting when I am at work, so I move around more. I have definitely noticed improvements and I now experience milder pain."

MAKE A RECOMMENDATION

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FREQUENTLY ASKED QUESTIONS (FAQs)

Who is it for?

Pathway through Pain is suitable for anyone with chronic/persistent (typically 6 months or more) musculoskeletal pain.

The program may be particularly beneficial where support is needed to avoid prolonged periods of sickness absence or as an alternative to increased medication at work (which can cause drowsiness and poor concentration and may be prohibited in some employment settings).

How does it work?

Pathway through Pain is a web-based digital Pain Management Program (PMP), similar to those typically delivered in face-to-face group settings by multi-disciplinary teams, but with the flexibility for participants to engage remotely and at their own pace.

The program helps people to effectively manage their pain and everyday work activities via expert-led video sessions, independent interactive practical exercises and assignments with accompanying motivational emails.

Self-assessment tools help participants recognise progress and visualise outcomes, and the resource library provides tools for ongoing self-management and practice.

How long will the program take?

Participants are guided through all the elements of a PMP over 24 easy-to-manage steps. Each step varies in length, averaging 15 minutes, with a recommendation to complete a few steps per week.

They can participate at their own pace, take breaks when needed, and take as long as they like to complete the program. There are also set break points throughout the program to ensure pacing, so participants don't do too much in one go.

Most people take around 8 weeks to complete the initial pathway, however, participants have access to program content for the length of their licence (typically either 1 or 3 years) and can return at any time to refresh and practice their skills as their pain needs change.

What will it do?

Pathway through Pain teaches participants how to effectively manage their persistent pain so that although the pain is still present they will have more confidence to manage it daily, feel emotionally stronger and be more able to cope psychologically.

Participants chart their health and wellbeing improvement by taking assessments before and after the program that measure their level of depression (PHQ-9), anxiety (GAD-7), health (EQ-VAS), and pain self-efficacy (PSEQ). This feedback helps participants to recognise progress and maintain motivation to continue practising their new skills.

Is the participants data secure?

We take data security very seriously and have achieved a number of standards to demonstrate this, including DTAC and Cyber Essentials Plus. The personal information that we collect is stored and processed in the UK (London AWS) and in accordance with the EU General Data Protection Regulation (GDPR), the UK Data Protection Act 2018 and the US Health Insurance Portability and Accountability Act (HIPAA).

For further information please view our [privacy policy](#) and [regulatory standards](#).

STEPS ON THE PROGRAM

1 GETTING STARTED
Welcome. Take your first step on the program.

2 KNOW YOU'RE NOT ALONE
Discover how others have managed persistent pain

3 ASSESS YOUR CONDITION
Review how pain affects daily life

4 KNOW ABOUT CHRONIC PAIN
Get the latest medical knowledge on chronic pain

5 USE STRESS RELIEF TECHNIQUES
Use simple techniques for reducing stress

6 OBSERVE YOUR RESPONSE TO PAIN
Learn from your experience with managing pain

7 STRETCH YOUR BODY
Start simple exercises that improve your body condition

8 RELEASE TENSION IN YOUR BODY
Practise Passive Relaxation to soften the edges of pain

9 SET SOME GOALS
Have clear reasons for success with pain management

10 PACE YOURSELF
Pace your life on good and bad pain days

11 RECOGNISE UNHELPFUL THOUGHTS
Identify when you think unhelpfully about pain

12 DON'T RELY ON A PHYSICAL CURE
Know about different treatments for chronic pain

13 USE PAIN RELIEF TECHNIQUES
Practise a guided meditation for pain relief

14 BUILD UP YOUR TOLERANCE
Learn how to tolerate increased physical activity

15 BECOME MORE ACTIVE
Identify practical ways to get exercise

16 RELAX DEEPLY
Enjoy the benefits of deep relaxation

17 CHALLENGE YOUR THOUGHTS
Consider alternative ways of thinking about pain

18 EXERCISE YOUR BODY
Add more exercises to your daily stretch routine

19 SLEEP BETTER
Improve your approach to a good night's sleep

20 MANAGE YOUR MEDICATION
Review your use of pain medications

21 GAIN SUPPORT FROM OTHERS
Communicate clearly when in pain

22 DEAL WITH SET BACKS
Be prepared for pain flare ups and set backs

23 RECLAIM YOUR LIFE
Focus on goals and review progress

24 - 26 ENGAGE WITH THE FUTURE
Keep going with your practise. Assess your condition one month after the program.