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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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## Managing Flare Up Pain Management Services



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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [patient.advice@asph.nhs.uk](mailto:patient.advice@asph.nhs.uk). If you remain concerned, the team can also advise upon how to make a formal complaint.

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## Direct links to relaxation

[www.asph.mobi/relaxation.mp3](http://www.asph.mobi/relaxation.mp3)

[www.asph.mobi/relaxation.wma](http://www.asph.mobi/relaxation.wma)

[www.asph.mobi/autogenic\\_relaxation.mp3](http://www.asph.mobi/autogenic_relaxation.mp3)

[www.asph.mobi/autogenic\\_relaxation.wma](http://www.asph.mobi/autogenic_relaxation.wma)

## Useful websites:

### Mindfulness

[www.breathworks-mindfulness.org.uk](http://www.breathworks-mindfulness.org.uk)

[www.mindfulselfcompassion.org](http://www.mindfulselfcompassion.org)

[www.freemindfulness.org](http://www.freemindfulness.org)

### Pain

[www.action-on-pain.co.uk](http://www.action-on-pain.co.uk) (“PainLine” is open 10-4pm Monday to Friday on **0845 6031593**)

[www.painconcern.org.uk](http://www.painconcern.org.uk)

[www.britishpainsociety.org](http://www.britishpainsociety.org)

[www.paintoolkit.org](http://www.paintoolkit.org)

[www.ashfordstpeters.nhs.uk/chronic-pain](http://www.ashfordstpeters.nhs.uk/chronic-pain)

## Managing flare-up

It is normal when living with persistent pain to experience fluctuations in the intensity of pain.

Flare-ups are common and may last for a few days or be more prolonged lasting several weeks. They usually settle with time and do not indicate worsening of any underlying condition. It is important to manage them understanding this and not be too frightened of them.

## Causes of flare-up

It is important to realize that there may be no trigger and a flare-up can occur for no reason. Sometimes, though, it may have occurred because you decided to risk it in order to achieve an important goal.

Other contributing factors can include:

- Under activity
- Over activity
- Taking on a new exercise/activity
- Reduced or imbalanced fitness
- Poor postures
- Ill health
- Stress

## Managing flare-up

- Avoid prolonged bed rest (no more than 24hrs)
- Maintain gentle exercises
- Take regular pain medication
- Use heat/ice
- Use TENS
- Continue with daily activities but break up with frequent short rests
- Practice Relaxation to de-stress and reduce tension
- Use Distraction techniques
- Use Mindfulness skills to develop awareness of the present moment and make more self-compassionate choices.
- Control your breathing
- Communicate with family, friend or colleague – you don't have to feel alone
- DON'T PANIC – challenge negative thinking, so that you are able to think clearly – the pain will lessen

## Avoiding flare-up

It is not always possible to avoid flare-up as previously mentioned there may be no trigger. However there are some lifestyle changes which help to lessen the episodes such as:

- Planning activities
- Pacing activities and exercise
- Avoid overdoing on good days
- Maintaining fitness and correct posture
- Managing stress
- Balanced regular diet
- Taking prescribed medication regularly
- Setting realistic goals

### Useful Books:

**Mindfulness for Health – a practical guide to Relieving Pain, reducing stress and restoring wellbeing.** Vidyamala Burch and Danny Penman (2013)

**Coping Successfully with Pain.** Neville Shone (1992)  
London: Sheldon Press. ISBN 0-85969-640-5

**Living well with pain and illness: the mindful way to free yourself from suffering.** Vidyamala Burch (2008). Piatkus books.

**Living beyond your pain: Using Acceptance and Commitment Therapy to ease chronic pain.** Joanne Dahl and Tobias Lundgren (2006). New Harbinger Publications.