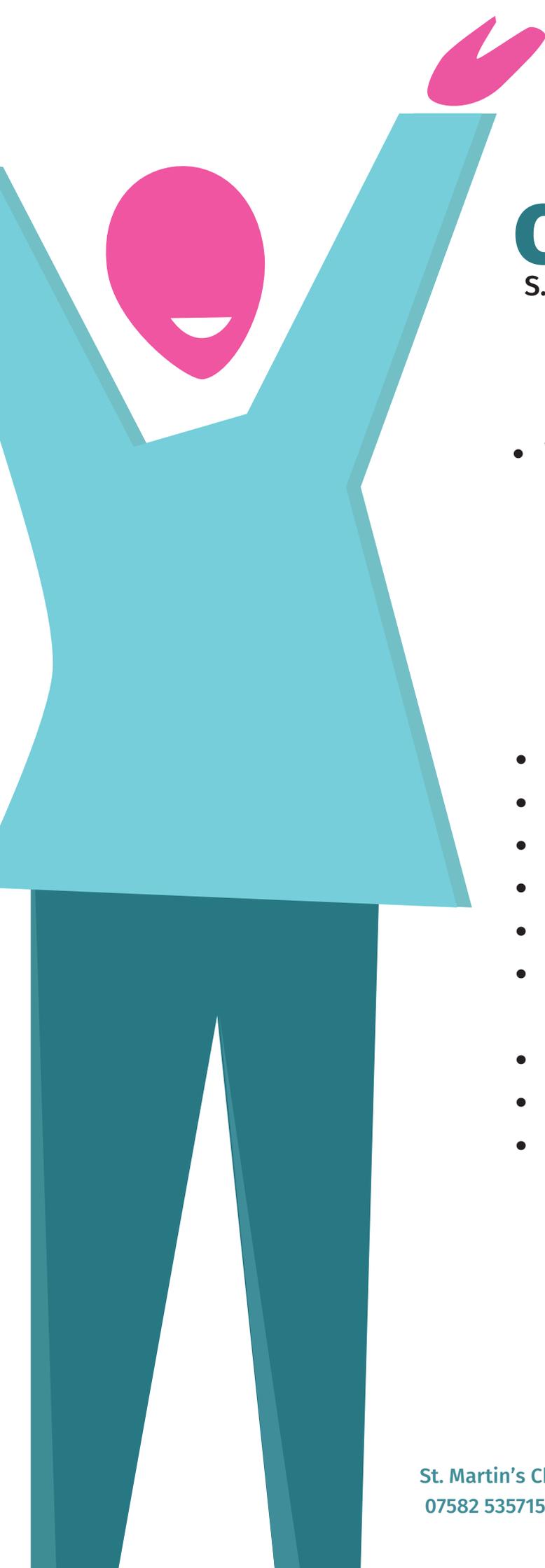




# Welcome to S.M.I.L.E

## Membership Literature

We are a Self Help Group for people who suffer with Chronic Pain. Our membership is still growing and we have lots of interesting plans for the future. We hope you would like to be included in these.



# Contents

S.M.I.L.E Preston Literature

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- Smile Poem



St. Martin's Church Hall . Off Broadway . Fulwood . Preston . PR2 9TH .  
07582 535715 . [hello@smilepreston.co.uk](mailto:hello@smilepreston.co.uk) . [www.smilepreston.co.uk](http://www.smilepreston.co.uk) .  
Registered Charity: 1098658 .



# Welcome to Smile



## Membership fees

Our membership fee is £10.00 per year (renewed each June) and £3.00 weekly subscription, which is due for each week you attend. If you are unable to attend at any time you are not expected to pay for missed sessions as this would undermine the very nature of the group as we all know how unpredictable chronic pain can be. The weekly subscription includes tea or coffee and biscuits and goes towards covering the cost of the hall hire. We believe that this is good value for your money – a social morning combined with gentle exercise and relaxation, making new friends who understand your pain and its associated problems.

## Newsletter and day trips

We publish a quarterly newsletter, which welcomes contributions from professionals and our members alike. It also gives details of social and fund-raising activities so that you are always kept informed, as well as being able to pass on any tips or information you may have found useful.

## Committee Contact

Ann Skellorn	Chairperson	07784 994 763	a.skellorn@live.co.uk
Helen Edmonson	Treasurer	07841 395 166	
Gwynneth Bennett	Secretary	07850 964 629	

Please feel free to approach any of the above if you have any queries, suggestions or areas you wish to explore. We all hope you will benefit for being a regular member at S.M.I.L.E We are Gift Aid registered.

St Martin's Church Hall, Off Broadway,  
Fulwood,  
Preston,  
PR2 9TH.  
Smile mobile phone 07582 535 715

[www.smilepreston.co.uk](http://www.smilepreston.co.uk)  
[www.facebook.co.uk/SmilePreston](https://www.facebook.co.uk/SmilePreston)

Ann Skellorn  
Chairlady of S.M.I.L.E  
c/o St Martin's  
Church Hall, Off  
Broadway,  
Fulwood,  
Preston,  
PR2 9TH.

# New Membership Form



New Members Name .....

Membership Number .....

A Welcome Pack has been given to me with a letter for my G.P regarding the type of exercises used at the weekly meetings.

I understand the requirement for this document but for my own purposes I do not feel the need to gain permission from my G.P .

I am confident in my own judgement as to what I can or cannot do regarding the exercises. I agree to sign this disclaimer on becoming a SMILE Member in that any Injury/accident sustained whilst participating in the exercises, SMILE Preston Cannot be held responsible .



Membership Number .....

Date .....

SMILE PRESTON.  
Witnessed by Committee  
Signature .....

Date .....

Ann Skellorn  
Chairlady of SMILE  
c/o St Martin's  
Church Hall, Off  
Broadway,  
Fulwood,  
Preston,  
PR2 9TH.



Dear Doctor,

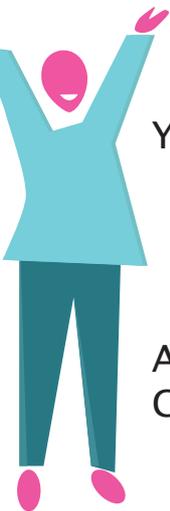
Your patient .....  
has requested to join SMILE Self-Help group for Chronic Pain sufferers  
which meets weekly each Wednesday morning.

Most of our members have attended the Pain Management Programme at Royal Preston Hospital and are recommended to continue with us as we continue their principals of gentle exercise and relaxation. However your patient has not attended this programme and I would be grateful if you could consider the enclosed Stretching and Exercise Sheets and discuss this with your patient and decide between you, -which would be the most appropriate in view of their particular problems.

Please find enclosed a leaflet, which explains a little about our group, and our aims and objectives. Please feel free to recommend our group to any of your other patients that you feel may benefit from such a support group. We would be happy to come and discuss our activities further should you so choose. Should you require any further information please do not hesitate to contact me.

Yours faithfully

Ann Skellorn  
Chairperson of SMILE (Preston)





# Important Pain Management Messages.

## What is chronic or ongoing pain?

Unresolved pain after healing has occurred, which is fuelled by an increase in sensitivity in the nervous system and tissues of the body. Movements, which normally wouldn't be painful or of parts of the body, which were not injured, can become pain sensitive.

Patients tend to think they are deteriorating and doing harm and so they reduce or give up activities thus becoming deconditioned. The injured tissues have healed with a scar but this scar needs regular exercise despite pain to become strong. Therefore prolonged disuse leads to weakened tissues and more pain so then patients avoid movement.

Hurt now does not mean harm: it is a problem with the processing of the pain in the nervous system, leading to increased sensitivity and increased pain memory in the brain, like a stuck record. An active, positive functional restoration programme helps the nervous system to regulate to a more normal level by increasing endorphins, confidence and improved tissue strength. All these factors give you greater control over your pain and therefore you can live with it rather than be ruled by it.

Pain is multi factorial. It is based on:

- Physical post injury deconditioning
- Emotional – fear of pain and re injury and therefore restrict movement.
- Behavioural – reduce activities, withdraw from social interaction
- Psychosocial – low mood, anger, frustration, lower self-esteem, strain on family and possible financial strain.

To improve the situation you have to address all aspects to gain improved pain management.



The point of relaxation is that you can help yourself control your pain caused by muscle tension. Relaxation also reduces anxiety-related pain and tension and can help lessen sleep disturbance. This is an art and will take time and patience to learn, but support is available.

The overall aim of gentle exercises and Relaxation is to help make you supple and to give you levels of fitness within your own limits. This can help you relax and so reduce your pain level. Both of these combined activities, mixing with others in the same position, making new friends, coming to S.M.I.L.E., help lead to a BETTER QUALITY OF LIFE.

Please have a look at our relaxation and gentle exercise self guided fact sheets for more information and help.



You will experience training pain, which is a reasonable response of very unfit and sensitive tissues to new activity. Our aim is not to increase the pain for more than two hours after the exercise. This means we need to pace +++++

To assess your own starting level is difficult and is really a calculated guess that only you can determine. Every-one should try each station of the circuit and do at least one repetition or a 20 second count on any of the equipment. Assess the effects over the next few hours. If you are OK, you know you can do the minimum with no problem. It is then about building up confidence to increase your repetitions by 1 or 2 or increase by 10 seconds each time.

The same principle applies to walking/housework/gardening or any other activity you do at home. You need to find your base level, which does not increase your pain for more than two hours after exercise/activity. Then practice only doing that amount each day until you feel confident to increase it slowly. It is important to do your base level every day so that you can achieve a consistent amount of activity, which is not dependent on the amount of pain that you have. This will break the cycle of fear of moving. The temptation is to do more on good days but try and keep to your baseline then you do not increase the pain over the next few days. This helps you to gain more control over the pain as each day the pain level will be more predictable. Gradual increase in your baseline week by week will help you to get fitter. Bite sized chunks of activity followed by short periods of active rest. This means that you rest for short periods between bouts of activity to prevent a build up of pain.



# Sleep Deprivation

Quality sleep is important. As you improve your exercise tolerance and pain management skills your sleep should improve. However, it is important to break bad sleeping habits. You have to re-establish good sleeping habits and take a positive approach by telling yourself you are tired, relaxed and are going to go to sleep. Avoid all stimulants from mid afternoon. Drink camomile or hot milk with nutmeg in the evening, go to bed at the same time every night and get up at the same time every morning to re-establish the pattern.

Warm baths or hot water bottle (HWB) for relaxing your muscles, pillow spray with aromatherapy can help. Avoid over-stimulating yourself with TV. Try light reading to make your eyes tired. It is a habit you have to re-learn and you may need painkillers or neuropathic pain killers to help you sleep, but it is vital for effective pain management.

## Helpful activities

These include things such as: Art, baking, gardening, relaxation, creative hobbies, meditation, tai chi, laughing, socialising, volunteer work or being involved in an organisation, charity, church or social group.

Please check S.M.I.L.E for our organised weekly activity schedule, our social events and day trips out.



# Key messages

## for you to remember



Ongoing pain is different from the acute pain following injury. Some of the pain is from permanently damaged tissues and some is from changes within the nervous system. Your injury is now healed but the pain messages continue. To reduce the pain messages you need to improve your fitness so that your joints and muscles are healthier and can withstand more activity.

- Exercise should be built up slowly in a safe, confident manner, at your own pace.
- Keep a record of your activity and you will soon learn how to pace yourself effectively.

Try to find your baseline of fitness by finding the amount you can do without increasing your pain by more than two hours. Once you have found your base level, consistently do this amount of exercise everyday, therefore not relying on a good day to be active and overdoing.

- Try to avoid the over-do and under do cycle.
- Try to get friends and family to exercise with you. Their support is vital to keep you motivated.

Pain levels are altered depending by how much attention we give to it, try distracting by doing enjoyable activities and practice relaxation.

- Set realistic goals, stick to them and reward yourself regularly.

Manage pain with physical measures such as TENS, heat or massage. Use the least amount and the least strong painkillers that allow you to achieve your base level of exercise. Take painkillers regularly during a flare up and do not rest for more than 2–3 days. Gradually increase your activity again.

Do not rely on one therapist or clinician to cure you, take on a self-reliant approach, it will be more effective in the long run.

If you cannot control your pain or it is seriously getting you down seek your GP's opinion, as you may need to change your medication.

Pain management is hard work and there is no quick fix, it takes a long time and you will have setbacks, learn from them and pick yourself up and carry on. Try to stay positive.





# The philosophy of S.M.I.L.E and Exercises

1. To continue the exercise circuit as advocated by Royal Preston pain management department and approved by qualified physiotherapists.
2. To undertake relaxation as advocated by Royal Preston pain management department.

Both of these activities have been proven to help and support people with Chronic Pain Conditions. As a member of S.M.I.L.E. (Preston) you are agreeing to participate in both these activities at each weekly meeting you are able to attend.

The aim of the gentle exercises used at S.M.I.L.E. is to build up muscles to help strengthen your weakest areas. We begin by starting with one or two repetitions of the exercises, slowly building up to a comfortable level of fitness.

For those who have attended the Royal Preston Pain Management Programme, these exercises have been individually prescribed there; for those who have not had this valuable experience, your Doctor will be asked to assess your fitness for these exercises, unless you are confident in your own ability and sign the disclaimer.



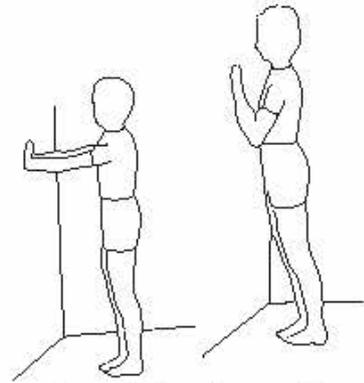
# Simple Exercises

## 1. Knee Raises



Stand with the back of a chair at your side for balance. Tuck in your tummy and your tail and raise one knee as high as you can, lower slowly and repeat on other leg.

## 2. Pushups



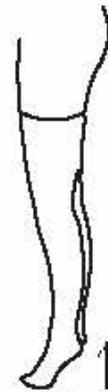
Stand facing the wall, feet about eighteen inches away from wall and hands placed flat on wall at shoulder height. Bend elbows and lean forwards, keeping body straight. Slowly push back away from the wall and repeat.

## 3. Pelvic tilting



Pelvic Tilting using sit fit or gym ball. Sitting in the sit fit/gym ball, keeping your tummy pulled in and pelvis in neutral. Try to left one arm up at a time.

## 4. Heel raising



Stand holding the back of a dining chair, tuck tummy and tail in and raise yourself up onto your tiptoes and then gradually lower. Do not lean heavily on the chair.

## 5. Use walker



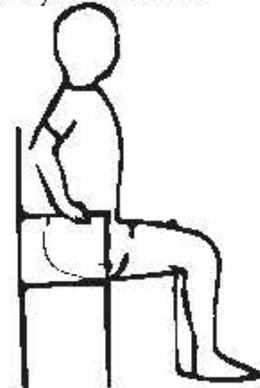
Use the Walker as briskly as you can

## 7. Cycling



Sitting on the cycle bike and riding for a set time.

## 6. Pushups on chair



Sit tall in the seat, with hands on arms of the chair, push up and straighten both arms. Lower gently.





Smiling is infectious;

You catch it like the flu,  
When someone smiled at me today, I started smiling  
too.

I passed around the corner  
And someone saw my grin  
When he smiled I realised,

I'd passed it on to him!

I thought about that smile  
Then I realised its worth,

A single smile, just like mine Could travel round the  
earth!

So, if you feel a smile begin,  
Don't leave it undetected  
Let's start an epidemic quick,  
And get the world infected!