

FLARE - UPS AND PAIN

Information for you

Many people with long-term pain will experience flare-ups. These are a **normal** part of having chronic pain, and are not a sign of new injury or damage.

It is common for pain to flare-up even though you have been pacing, building up your activities and exercises gradually and practicing relaxation. This can be very frustrating, and make you feel like you have little control over your pain. It can be hard not to give up completely and stop everything you have learnt. However, giving up and resting causes our bodies to get more physically out of condition and to be less able to cope with activity.

Why?

Consider why you have had a flare-up. Have you had some stress in your life? Are you sleeping poorly?

Some people have found that a particular activity causes their pain to flare up. Could you do it differently to stop this happening? This could be as simple as breaking the activity down into smaller steps or planning how you will do it.

However, for many people with chronic pain, flare-ups just happen. Don't blame yourself. Pain, like life, isn't smooth sailing.

The most important thing is to manage the flare-up while it lasts. This will help you get back on track sooner. Other people with chronic pain have told us that staying positive help.

***I know I haven't
reinjured
myself***

***I have been here
before and know it
will go away***

***I know what
works***

***I can
manage this***

Flare-up plan

It is important to make a flare-up plan when you are well. When you are sore or tired it is difficult to think about what you should do. These are our top tips...

Flare-ups and pain is part of a series of reliable, evidence-based advice to support you along the way to improving your function and quality of life, with pain.

Further information is available from:

- www.chronicpainscotland.org
- www.nhsinform.co.uk/msk

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