



## PHYSIOTHERAPY in Franschhoek



### Specific Pain Management Approach Acute & Chronic Pain Programme

Our Specific Pain Management Approach aims to equip patients with the necessary tools and knowledge to return to a fulfilled life, based on the latest neuroscientific research in the understanding of pain, including the use of exercise and manual therapy techniques.

Our Acute and Chronic Pain Management Intervention Programmes are directed at individuals experiencing acute or chronic musculoskeletal pain, widespread pain and or fatigue.

Pain can have a significant effect on quality of life. Healthy people experience pain and often report difficulty coping with their daily lives. This includes knowing what and how much exercise to do, which practitioners to see, and which medications to use. Fears and concerns about pain and movement, impact on one's activities and life and relationships.

#### GOALS OF OUR SPECIFIC PAIN MANAGEMENT APPROACH

- Develop participants understanding of pain through Therapeutic Neuroscience Education. This is an evidence based scientifically informed intervention involving education.
- We aim to Explain Pain in terms that can be understood and utilised to reduce the fear associated with the individuals experience of pain. This includes the neurobiology and identifying the various contributing factors which impact the individuals experience of pain.
- This educational approach has been shown to ease pain, increase movement, improve function and reduce fear avoidance of movement or activities (Louw A, et. al 2011, 2014; Moseley et al, 2011)\*. Benefits have been shown in the pre-operative management of patients suffering from musculoskeletal and orthopaedic pain (Louw, Diener, Landers, 2014; Zimney, Louw, Puenteadura et al., 2014)\*.
- We aim to re-frame individual beliefs and behaviours, or expectations that could contribute to how you experience pain.
- Facilitate and develop individual attainable SMART goals to assist in the return to function or activities.

#### Physiotherapy intervention or modalities may include:

- Therapeutic Neuroscience Education
- Orthopaedic Manual Physical Therapy Treatment
- Dry Needling
- Exercise Therapy (Individual or group)
- Movement Rehabilitation
- Graded Motor Imagery
- Collaborative Based Goal Setting and Pacing Strategies
- Relaxation and Mindfulness
- Sleep Hygiene
- Coping Skills
- Ergonomic and Workstation evaluation

#### OUR PHYSIOTHERAPISTS WITH ADVANCED QUALIFICATIONS IN PAIN MANAGEMENT

Our Team of specifically trained physiotherapists have obtained advanced certification in the management and treatment of all types of pain. We aim to work in a patient centred approach, and liaise with an interdisciplinary team including: psychologists, dieticians, anaesthetists, rheumatologists, orthopaedic surgeons and general practitioners.



**CLAIRE HORN**

*BSc. Physiotherapy, University of Cape Town  
Advanced Orthopedic Manual Therapy Certification (USA)  
Fellow American Academy of Orthopedic Manual Therapy  
MSc Health Science and Doctor of Physical Therapy (USA)  
Participant – Diploma in Pain Management (UCT 2017)*

Claire thrives being outdoors with her family and friends. She participates in cycling, running and swimming for Triathlon, with a spot of off road cycling or running or mountain hiking thrown in for fun! Claire's interest in resolving pain concerns and orthopaedic rehabilitation has developed through working with patients from all walks of life and a few fascinating travels, life experiences, and some extreme adventure. Claire finds journeys of each patient are unique, it is a privilege to have been part of so many stories. This experience has informed her clinical practice and formed part of who she is as a person with a passion for physical health for the whole person. It is Claire's hope that through engaging individuals in a process of learning and action that pain can be understood, contained, and the individual person empowered to lead a life with hope.



**TRACY PROWSE**

*BSc. Physiotherapy, University of Cape Town  
MPhil Sports Physiotherapy  
Certificate in Pain Management from Train Pain Academy*

Tracy Prowse is a physiotherapist with 20 years of clinical experience in managing and helping people of all ages and abilities to unlock their maximum physical potential. Tracy's personal and professional interest has always stemmed from a desire to understand the human condition with reference to the brain, central nervous system and the mind, body, spirit connection. She is passionate about the restorative power of nature and loves challenging her body physically whilst in the great outdoors. Tracy's professional journey in learning and understanding neuroplasticity of the nervous system with reference to sports injuries, movement difficulties and pain, led her to embarking on the National Certificate in Pain Management course, through the Train Pain Academy. It is through the understanding of up to date relevant pain science research that Tracy feels that her personal and professional journeys have merged and that she can share her passion for unlocking every individual's potential through her practice as a physiotherapist in an enlightened and evidence based way. May the journey continue!

**claire horn & associates**  
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