

The Pain Truth Program Guideline for Participants

Consider The Pain Truth program if you have...

1. Already consulted a medical doctor to rule out medical conditions requiring appropriate medical attention such as infections, fractures, vascular diseases, etc.
2. Been unresponsive to 3 months of treatments including various exercise therapies, manual therapies, medications or even injections and surgery

PRE-PROGRAM INSTRUCTIONS

Congratulations on your commitment to moving forward with The Pain Truth program.

The goals and exercises in this program may be completed independently if you are an extremely self-motivated and self-driven person, however most require the assistance of a **Pain Truth Certified (PTC)** healthcare provider (e.g. a PT or an OT) to successfully complete the ENTIRE program.

It is advised that you see a PTC healthcare provider for a minimum 30-minute one to one sessions (ideal is 60 min. for the first 2 to 3 sessions), once a week for 6 weeks. Future attendance will be determined based on your response after the 6 weeks.

There are 3 simple steps to this program bases on www.ThePainTruth.org

Step #1: View all the “**INTRODUCTORY VIDEOS**” and decide if this program resonates with you. You may also complete “The Pain Truth QUIZ”.

Step #2: Complete the “**QUESTIONNAIRES**” on and write your scores in The Pain Truth (TPT) FORM in the row “Week 0”. As you can see, the same questionnaires will be completed in Week 6 and if needed in Week 12 again. This is where you may clearly see if and how much you have progressed.

TO BE COMPLETED ONLY ON WEEK 0 + THE END OF WEEKS 6 & 12

	Date	PDI	PSEQ	CSI	Average PLG Score
Week 0	Jan 7	51/70	3/24	N/A	20 %
Week 6					%
Week 12					%

Step #3: View the videos on “**LESSONS ON PAIN**” section of the website (ideally not all in one day, so pace yourself)

Step #3: Click on “**ACCESS PROGRAM**” and start with viewing the videos in the **Strategy 1: Sense of Purpose**

Step #4: With the guidance of your PTC healthcare provider, complete the **FORM** on a weekly basis.

GUIDELINES FOR COMPLETING THE FORM ON WEEK 1

Come up with 3 Patient-led Goals (**PLG**) that are clear and measurable activities such as “*walk one hour 3 times a week*”. Then give a percentage to your current ability in doing the activity, where **0%** is you cannot do the activity at all and are completely avoiding it and **100%** is that you are not limited at all and are completely satisfied with your current ability to do the activity, then the average of the three scores are written. As an example, see below.

COMPLETE AT THE BEGINNING OF THE WEEK	
Week <u> 1 </u>	Date: January 7
Can you name 3 activities that you would like to get back into doing that you currently have difficulty with or avoid? What do you really want to do?	
Walk 60 min. in the park 5x/week	20%
Socialize & go out with friends once a week	0 %
Cook a full meal for family on a regular basis	40%
Avg. PLG: 20%	

View all the videos in **Strategy 1: Sense of Purpose**

This is the longest and the most important section of the program as clear goals and intentions are essential for moving forward.



1. Sense of purpose

After Week 1 when “Strategy 1” is completed, you may view the videos in any of the other 11 strategies YOU desire. Ideally choose to **focus on only ONE strategy per week**.

To truly learn the concepts in each of the strategies, you may choose to view the video lessons and complete the “Quizzes” a few times.

For the upcoming weeks I wish to focus on improving my sense of...

- | | | |
|---|---|--|
| <input checked="" type="checkbox"/> Purpose (Activity goals) | <input checked="" type="checkbox"/> Control over pain | <input checked="" type="checkbox"/> Fun & pleasure in life |
| <input type="checkbox"/> Trust in my own body | <input type="checkbox"/> Self-acceptance | <input checked="" type="checkbox"/> Physical well-being |
| <input checked="" type="checkbox"/> Control over my life stresses | <input type="checkbox"/> Proper nutrition | <input checked="" type="checkbox"/> Emotional well-being |
| <input type="checkbox"/> Connection with nature | <input checked="" type="checkbox"/> Social connection | <input type="checkbox"/> Sleeping well |

Circle the ONE strategy that you wish to focus on for this week.

The most important component of the program is setting your weekly goals which may be done guidance and support from your PTC healthcare provider.

This week I will...

Do 1 NEW physical activity to get me closer to one of my goals

Walk only 10 min. in the park 2x this week

Please come up with a NEW physical activity to do this week. By “NEW” it is meant, something that you’ve not done in a while. However the NEW activity is also meant to be something relatively “EASY” that you don’t doubt you can achieve at least once in the upcoming week.

Each week you will come up with different ones, so get ready to be creative. The activity you choose must be related to one of the 3 long-term goals you set in the previous section. For instance if your long-term goal was to do 2 hours of gardening, then your “NEW” physical activity could be to “pull out weeds just for 5 minutes”, “mow the lawn for only 15 minutes”, “plant one vegetable”, etc.

Do 1 NEW small household activity or errand

Grocery shop 15 min- buy only essential ingredients for pasta

This can be anything that you've not done in a while, but should be something relatively easy to do such as, *"clean the spice drawer"*, *"give away old clothes in closet"*, *"go to bank to cancel card"*, etc.

Don't underestimate the power of setting goals and the intentions to achieve something and then getting the dopamine satisfaction of actually getting it done. It is irrelevant how big or small the achievement is since the brain experiences the same sense of control.

Maximizing you sense of control in your life and well-being is the primary goal of this program.

Do 1 NEW small fun & enjoyable activity

Call & meet friend (Pat) for coffee

The key words here are both "NEW" and "small". An enjoyable activity does not mean going on a vacation to Paris, but examples include *"Savour eating a mango"* or *"Play video games with my friend"* or *"go to a movie"* or *"go to the park with my grandchild"* or *"Listen to 20 minutes of music (Beatles White Album)"*, etc.

Although the list is endless, if you find that you have difficulty coming up with something that you actually enjoy doing, then think of something that you used to enjoy doing when you were younger. E.g. *"play the guitar"*, *"arrange flowers"*, *"watch a baseball game"*, *"play darts"*, *"dance Salsa to one song"*, etc.

Do the activity or 1-min. movements prescribed by my PTC provider

1-minute walk/jog on the spot

To understand the concept of the 1-minute movement, please view the video that is in **Strategy 7: Sense of physical well-being**. This activity usually requires guidance from your PTC healthcare provider. It must be a relatively easy activity, movement or an exercise that somewhat resembles one of your long-term activity goals.

For instance if your long-term goal is to squat 200 lbs at the gym, then the 1-minute daily activity would be to sit to stand from a chair for 1 minute. If your goal is to play golf, then you may do 1 min. body twists to simulate golf swings.

The 1-minute time frame is just a suggestion; you may do the movement for 20 seconds or for 5 minutes, it's your call. The point is, that it must be easy, simple and not time-consuming so that it could be repeated even a few times a day.

Whenever that specific 1-minute activity, when you will repeatedly do it with the intention of moving towards your long-term goal of whatever that may be, you are bound to feel more hopeful and gain a sense of accomplishment.

Don't underestimate the power of these daily 1-minute exercises.

Do one relaxing, calming & mindful activity

5-minute breathing meditation before sleep

This is to help you gain a sense of control over your mind and body. It really does not matter for how long you meditate for or just calmly sit and watch birds or trees.

Examples of calming activities include, "*sit in a park for 1 hour*", "*listen to my favourite music with headphones for 30 minutes*", "*body scan meditation 45 minutes*", etc. (See **Strategy 8: Sense of emotional well-being**).

What matters is that you intentionally taking the time for relaxation and mindfulness. That is all. You may do this just once in the upcoming week, or every day, it's your choice. The key that you do something for YOURSELF!

Do one small act of kindness to help or please someone else

Visit friend (Jane) who is not feeling well

The purpose of this weekly goal is to help you look beyond yourself. There is no question that when we help or act kind towards someone else, be it a friend or a stranger, we gain a sense of well-being. The key is to do this act of kindness without the expectation of anything in return.

Be specific when you are choosing your act of kindness. The more specific you are, you will have a stronger intention and it will be achieved. For example instead of writing, *“I will get coffee for someone”*, it could be, *“I will get coffee for Joe, my co-worker”*. Instead of *“I will do something nice for my partner”*, it could be, *“I will write a gratitude letter for my partner”*.

What would have to happen this week to indicate you are moving forward?

Achieve most of the goals above & better understand pain

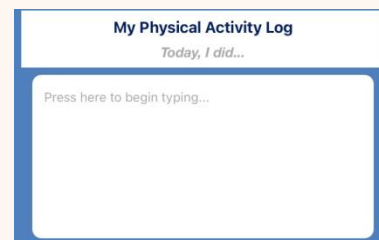
This is the final a very important section to complete. How will you know that you are actually moving forward with this program? Every week you will set these six relatively small goals and intentions where you do your best to achieve them. If they get done, great, and if not, there's always another week where you can begin again with the same or new goals. It's your choice.

In the medical world, this type of intervention for helping those dealing with various emotional or physical pains is called “Graded Exposure-based Treatment” (GET). This GET approach is supported by many published research studies but is not really promoted as a primary treatment approach as it does not involve purchasing or consuming anything. There is nothing sell as it costs nothing to the patient.

Even if this GET approach seems to simple to be truly effective, think of it, what do you have to lose? Other than achieve several goals that you wanted to do anyways.

The Pain Truth App

“The Pain Truth” app is available on both Apple & Android and it is completely free, forever. The aim of the App is to have you acknowledge the following on daily basis



Three (3) **small** physical activities that you have accomplished

E.g. “Walked 5 min.” “1 min. jog” “Toe touches”

Three (3) **small** positive experiences you have had for the day

E.g. “Drank mint tea” “Called friend Mary” “Had a banana”

WEEK 6 and 12

Complete the “**QUESTIONNAIRES**” again and write your scores in The Pain Truth (TPT) FORM in the row “Week 6” or “Week 12”. This is where you may clearly see if and how much you have progressed.

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If you truly did the full Pain Truth program and there has still been no progress in your scores, it is suggested that you consult your physician and perhaps a healthcare team at a multidisciplinary pain management clinic.

Perhaps due to various medical, family or time reasons you were unable to do everything that you were asked to do in the past few weeks. You may certainly begin the program again and give it another go.

If your scores have improved, congratulations you are on your way. Continue to incorporate the concepts that you have learnt into your life for as long as you wish.

You may certainly still consult a PTC provider once every 1-2 months if you desire.

If you have any questions at any point, please contact info@ThePainTruth.org