

Our Services

Persistent Pain Management

What is persistent pain?

Although it seems counterintuitive, pain actually occurs in your brain, not in the area that is (or was) injured or damaged. Persistent or chronic pain is defined as pain that lasts longer than 3 months. In many cases, this pain is not directly related to tissue damage and can persist long after an initial injury or trauma has healed. This is due to an overly sensitive nervous system that continues to send alarm messages to the brain. Calming the nervous system and retraining the brain is key to alleviating chronic pain and restoring quality of life.

Pain science-based treatment

At ProActive Rehab, we treat persistent pain through multiple modalities, all based on leading pain science research. Our holistic, personalized approach leverages the combined skills of our team of practitioners. Your treatment plan may include:

- ◆ **Physiotherapy**

Motion is medicine and physiotherapists are movement experts. Chronic pain can cause you to avoid exercise, but movement is incredibly important for healing. Remember: hurt does not always equal harm! We work with you one-on-one to ensure that you are moving safely and productively.

- ◆ **Sensory-motor cortical remapping**

Based on current scientific understanding of how the brain processes incoming signals and produces pain, this technique involves remapping the neural pathways that have been established in order to calm the pain signals being produced in the brain.

- ◆ **Pain neuroscience education**

The more you know about pain, the less pain you experience! Understanding how pain works in your body and brain can help you to better manage it. A big part of treating chronic pain at ProActive Rehab is providing leading-edge pain education. Changing the way you perceive pain and its causes can go a long way to alleviating it.

- ◆ **Aquatherapy**

Taking place at the Canada Summit Centre pool, aquatherapy provides a safe way to exercise without causing undue stress on joints. Sessions are held in a group setting, with some one-on-one time with the therapist. Individual sessions are available too.

- ◆ **Massage**

Massage therapy is a great tool in the recovery from many different injuries. It is used to treat and prevent pain and stress of the soft tissues and joints of the body.

- ◆ **Acupuncture**

Acupuncture involves the insertion of extremely fine needles into the body at specific 'acupuncture points'. Anatomical acupuncture combines the traditional knowledge of acupuncture points, modern knowledge of the anatomy of the body and an understanding of how this relates to injury. It stimulates the body to release natural painkilling hormones,

called endorphins. The subsequent reduction in pain allows tense muscles to relax, increases circulation to the area, reduces inflammation, and promotes healing.

◆ **Relaxation and mindfulness**

Chronic pain is linked to depression, anxiety and stress, all of which can make your pain worse! Relaxation and mindfulness techniques can help you to manage negative emotions as well as calm the central nervous system.

Read about how one of our clients was able to recover from persistent pain and avoid surgical intervention [here](#).

Are you suffering from chronic or persistent pain? Call us at ProActive Rehab today to discuss treatment options and book a consultation: [705-788-1480](tel:705-788-1480).