

Comments from previous participants:



I was given advice and exercises that have transformed my mobility... I feel mentally so positive.



I was struggling with my journey to work and was taking sick leave. I was able to continue working.



Working in partnership with:

Lewisham
IAPT



Telephone and video sessions

To book an appointment please follow the steps to self-refer on the Lewisham IAPT website. If you have any questions, or would like to find out more information please contact Lewisham IAPT on:



0203 228 1350



Slm-tr.LewishamIAPT@nhs.net



Support to help you self-manage your joint and back pain

-  Have you had pain in your knees, hips or back for more than three months?
-  Would you like to learn how to self-manage your pain?
-  Are you concerned that being more active could make things worse?





You may be interested in the [Joint Pain Advice \(JPA\)](#) service to help you to manage your pain and improve your health.

Joint and back pain

Osteoarthritis causes pain in your joints and affects about nine million people in the UK. Additionally, about 70 per cent of the population will experience back pain at some point of their lives. The majority of back pain isn't caused by a serious problem and normally gets better within two-three weeks. However, a small number of people develop chronic back pain.

We are more at risk of developing chronic joint and back pain as we get older, if we are inactive, are overweight or have injured our joints or back in the past. Joints can be painful and stiff and can stop people from doing day to day activities. It is important to keep moving. We can help our joints if we stay active and keep our weight down.

If you are you aged 40 or older and have a history of knee and/or hip pain lasting more than three months?

Or are you aged 18 or older and have a history of back pain lasting more than three months.

You may be interested in the Joint Pain Advice service.

What happens at an appointment?

You will talk with a JPA Advisor about your pain. The Advisor has been trained to help people manage their joint and/or back pain. They will want to hear about what you are struggling with and what you want to change. You will be offered up to four appointments and together you will agree a simple action plan to help you manage your joint and/or back pain.

They can also signpost you to other services that may help you. They will meet with you or call you at agreed follow up sessions to see how you are getting on and together you will make decisions about your health. This allows you to be more in control of your pain and helps you cope better. You may not see any changes straight away, so you need to stick with it.

What do I need to do?

If you would like to have a [Joint Pain Advice](#) appointment, then please contact your Advisor(s) to book an appointment.

Details can be found on the back of this leaflet.

