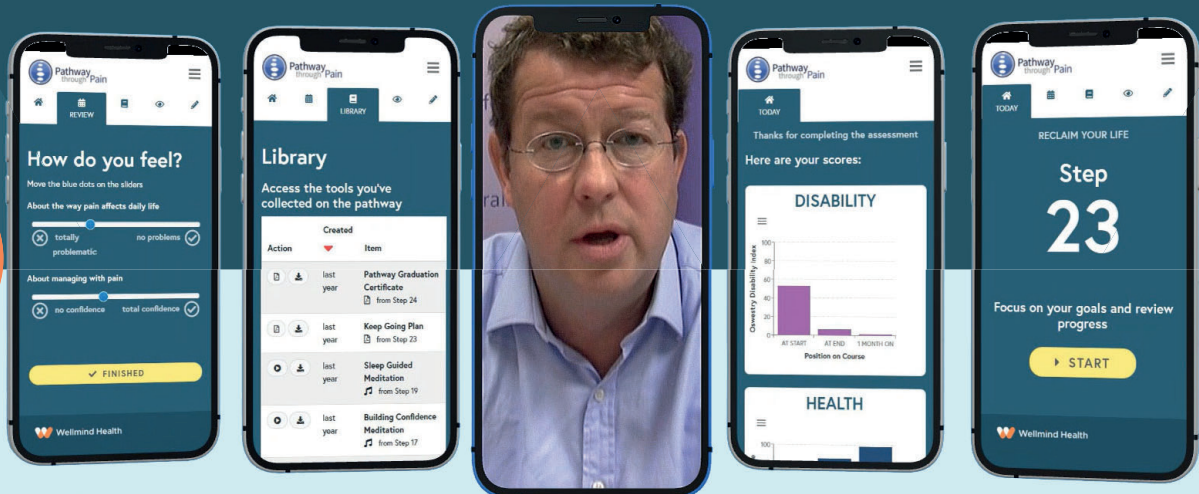




Pathway through Pain

Chronic MSK pain management program



Pathway through Pain is a digital Pain Management Programme (PMP) for chronic musculoskeletal pain. Trusted for over a decade, this accessible digital treatment delivers significant and often life-changing results for individuals seeking to better self-manage chronic pain.

Significant and lasting results verified by published research:

78%

WOULD RECOMMEND
TO OTHERS WITH
PERSISTENT PAIN

24%

REDUCTION OF
PROBLEMS IN
DAILY LIFE

25%

REDUCTION IN
DEPRESSION

"A fabulous tool that everyone should do. It's practical, simple and effective.

At the end of the programme I can say that my constant, all-pervading pain has decreased by more or less 40%. I've learnt to be less afraid and less anxious about the pain, to manage pain better on a daily basis, especially the peaks, [and] to set and stick to simple, very short-term goals."

Excellent

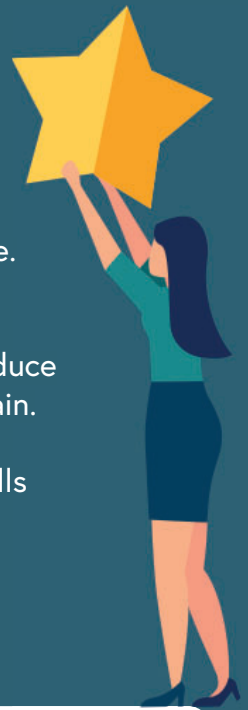
Trustpilot

A proven and lasting approach to self-managing persistent musculoskeletal pain

Taking part at your own pace, with set break points so you don't do too much in one go, you'll be led through 24 manageable steps comprising of pre-recorded videos, exercises and assignments to practise in your own time.

During the program, you'll develop your self-management skills through learning and practising a range of pain control and relief techniques to help reduce the impact of pain and see there are ways and means to live a normal life again.

By the end of the program, you will have gained knowledge and practical skills to foster over the long term, which will help you to let go of fear and respond more effectively to pain - so it's no longer in control and you can move forward with your life.



Mind &
Body



Personalised
Journey



Lifetime
Skills



Guided &
Supported



Flexible &
Accessible



Proven & Lasting
Benefits

DELIVERED THROUGH



As part of Good Thinking's digital support offer, Pathway through Pain is available free of charge to anyone living or working in London.

FIND OUT MORE & JOIN