

When pain is holding you back



Living in pain, or with a painful condition, can hold you back from doing the things that you love. It can also lead to isolation, and it can knock your confidence.

Pain comes in many forms - from a dull ache to a sharp stabbing pain. Sometimes it's there all the time, sometimes only when you are in a certain position for a while, and some days it can feel better than others.

Pain can arise from a number of different causes - you may have had an operation, arthritis, nerve damage, a long-term condition, an injury, illness or a medical condition. Whatever your pain, our team will be able to help you identify the cause and work with you on a range of therapies aimed at alleviating it or helping you live pain-free.

Specialist pain management

Circle Rehabilitation's pain management service helps to diagnose and treat people suffering from persistent pain symptoms, including fibromyalgia and back pain, so they can return to the level of function that they require.

We offer a multidisciplinary programme based inside our specialist centre of excellence in Birmingham and our hospitals across England, Wales and Scotland. We seek to address the factors that lie at the root of chronic pain to break the cycle of suffering.

Our pain management service provides support from specialist pain consultants, clinical psychologists and physiotherapists.

We have a wide range of the latest specialist rehabilitation equipment and have access to a range of equipment, which provide a backup for patients should you require any further treatment during your rehabilitation stay.

Our aims are:

- To help you live a full life regardless of pain
- To gain a better understanding of why you have pain
- To explore effective ways of managing persistent pain
- To allow you to return to activities you enjoy
- To improve your confidence

We will:

- Treat you as an individual, putting together a package of care that is tailored to you
- Support you towards achieving your goals

Circle Rehabilitation is the largest rehabilitation network in the UK, set in our specialist centre in Birmingham and in our hospitals across England, Scotland and Wales.

Although we are a large network, you will always be treated as an individual. Everyone is at a different point on their rehabilitation journey, and we will design a package of care with you that suits your individual needs. Our expert medical team includes consultants, doctors, nurses, psychologists, physiotherapists, dietitians and other specialist rehabilitation therapists. They'll provide you with the latest treatment and therapies utilising state-of-the-art technology, in a high quality hospital setting.

You set the goals; we work towards them together.

Funding your rehabilitation treatment

Do you have private medical insurance? Circle Rehabilitation is recognised by many of the major insurance and medical legal providers. Alternatively, you can pay for your own treatment. If you would like more information about using your private medical insurance, or if you would like to discuss prices for your individualised package of care, please call us on **0800 096 3236** or email rehab@circlehealth.co.uk

We welcome referrals from GPs, consultants, insurers, solicitors and directly from patients. We can provide assistance to individuals, embassies and overseas patients on admissions, and we welcome enquiries from patients and their families to determine the most appropriate care we can offer.

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