



PERFORMANCE
MEDICINE

PERSISTENT THROAT PAIN: A MULTIDISCIPLINARY APPROACH TO TAMING THE BEAST

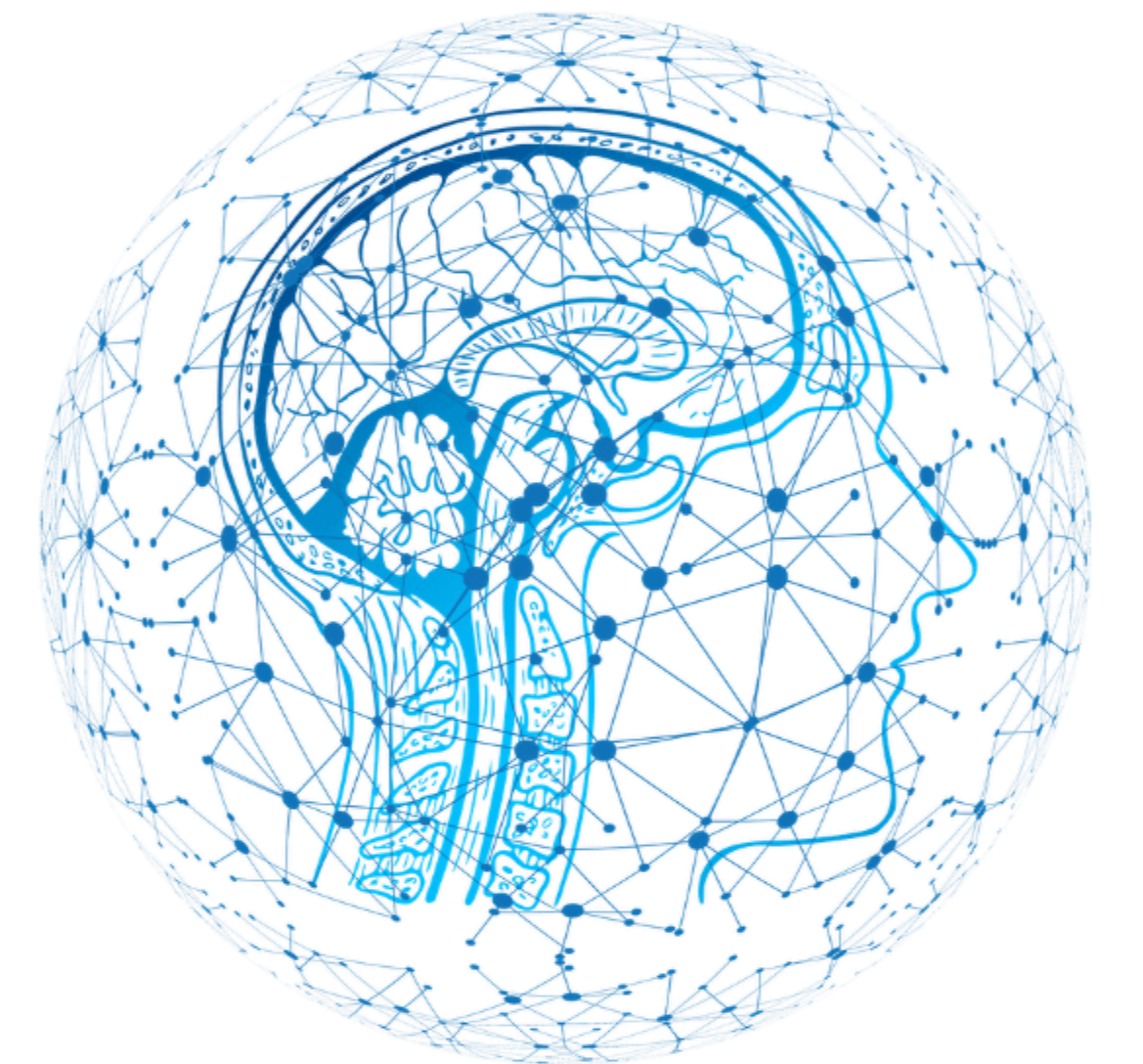
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Persistent throat pain is debilitating and has negative effects on quality of life.

Pain is an unpleasant sensory and emotional experience linked to actual or potential tissue damage, or described in terms of such damage.

Method:

- Pain science education was provided to patients attending physiotherapy at Performance Medicine
- Patients continued to see their speech pathologists
- Psychology was offered to patients, most of which attended



“The education the physiotherapist provided about understanding my pain allowed me to get better sustainably”

“Knowledge really is power, especially when it comes to pain. The more you understand it, the easier it is to manage.”

“All the practitioners involved helped me to be in control of my pain, rather than my pain controlling me. They all had different strategies that worked together.”

“I thought pain in my throat meant I was causing myself more damage. I didn’t realise my mood could change my pain irrespective of my vocal use.”

References

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