

# Your Spinal Pain

Understand • Change • Recover



**TRANSFORM  
HEALTH**  
FROM PAIN TO NORMAL LIFE



In partnership with the NHS  
and serving private patients



## Cognitive Functional Therapy

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**You have been referred to our Non-Surgical Spinal Specialist Service because you are struggling to recover from your back and/or leg pain.**

Our practice takes into account all the factors important in causing your back and leg problems. You may or may not be aware of these causes. They include cognitive factors (your understanding, beliefs and emotions about what is going on) and functional factors (what you are doing day to day that contributes to your pain). How all these individual factors interact with each other affects how you feel.

**CFT concentrates on changing the causes of your pain.** By understanding the causes, we can target them and explore how to change them. It is a very practical intervention aimed at what you need to do to eliminate or minimise your spinal pain problems. This service is delivering excellent outcomes for patients suffering from persistent back and leg pain that has not responded to treatment.





The Transform Health Team in the Truro clinic

## What happens in the CFT process?

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Our first consultation is a **30-minute telephone call** where we discuss your issues and decide how to move forward. This process is essential to fully understand your symptoms, so that **your treatment is best matched to your problems**. You will be asked questions that you might not expect, to get to the bottom of the reasons for your pain.

If agreed, we will book a **90-minute appointment** where all the issues around your spinal problems will be thoroughly explored. Appointments are either by video call or in person and we have found that video appointments are as effective as face-to-face ones. **Further treatment sessions** will be agreed between you and your therapist. You can contact us at any time by phone, text or email to discuss any aspect of your care.

## Am I suitable for this approach?

You may be suitable for our approach if any of these apply:

- You have acute (recent) back or leg pain
- You have chronic (long-term) back or leg pain
- You feel you have tried everything but not improved
- You have had spinal surgery
- You have had spinal injections
- You have been told you have a bad MRI scan or X-rays

## What do I have to do to be successful?

You will need to prioritise the time for your appointments, which could be around five hours over two months. During our

time together, you will need to accept new ideas and practice the work given to you every day.

## I've had lots of treatments, why is this any different?

CFT has good scientific evidence for improving pain and disability, with long lasting effects. It is not giving you a sheet of exercises and letting you get on with it.

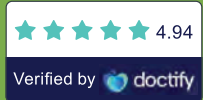
We will take the time you need to tell us your issues and fully understand them. Then, we will work closely with you to figure out what is causing your pain to help you reduce its impact, supporting you along the way.

**We aim for you to get yourself better and stay better, with our guidance and support.**

## Don't just take our word for it...

"Simply amazing people, helped me realise I am not written off, that I am able to achieve my goals."

Doctify review



Scan the QR code to visit our website

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