

14b. Physical Interventions

Depending on the patient's needs and preferences, the following are options for patient's self-management or referral:

Self-management	
All patients	Patient information leaflet on mood and activity: Chronic Pain Self-care Guide
All patients	Experiment with changes in diet, eg gluten or wheat free, where appropriate
Referrals	
Patients with suspected overactive pelvic floor muscles	Physiotherapy