

Pain Management in Prison

Wednesday 03 September 2025 13:00 – 14:00

Mr Paul New, Musculoskeletal Physiotherapist



Paul is a musculoskeletal physiotherapist with 20 years of experience in the field. He has delivered physiotherapy in the national health service, the ministry of defence, professional football and private practice. For the past 5 years He has worked within health in Justice primary care for Practice Plus Group across a variety of different category prisons. He has a special interest in the management of persistent pain and group exercise interventions. In this presentation Paul will discuss his recent research and ongoing work to support the deprescribing of controlled pain medications in the prison setting.

Primary Purpose of the Webinar

- To highlight key issues in pain management in prisons and explore barriers to participation in persistent pain syndromes within custody settings.

Learning Objectives

1. Understanding of the challenges pain presents to prisons
2. Awareness of the complexity of managing pain in prison
3. Knowledge of the needs, barriers and enablers to the supported self management of persistent pain conditions within health in justice services
4. Insight into the deprescribing process of harmful pain medication and the intersection between pain and opioid use disorder