

Islamic teaching is supportive with the idea of physical rehabilitation. This benefits the rest of the abilities that Allah has preserved for us, and increases their potential.

## Obligations of Family & Relatives

Why should I struggle with daily tasks when my family are willing to help care for me?

Islam sees the care of the sick, elderly and disabled as a religious duty. It is regarded as a virtuous act which is greatly rewarded by Allah.

However, Islam encourages independence in our daily life and we should not be an unnecessary burden on others. There are many teachings from Prophet Muhammad's (Peace Be Upon Him) life that illustrate this:

Once Abu Bakr (Radiyallah anho) was riding a camel, the reins of the camel dropped from his hands. He came down from the camel to pick up the reins. He was asked why he had not asked someone else to pick up the reins for him. He said, "My Prophet has ordered me to do things for myself, and not beg anything from any human being."

Prophet Muhammad (Peace Be Upon Him) has taught us to take steps to maintain and improve our independence. It is important to fulfil our faith obligation by working with health care staff, doctors, nurses and physiotherapists and making good use of the resources and time they can offer.

## Further Information

If you have any questions about Islam and Chronic Pain please ask your therapist.

## Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke in any of the hospital buildings or grounds, with the exception of the smoking shelters which are provided for visitors and patients only.



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## Taking Care Of Your Health: Islam & Chronic Pain Information Leaflet for Muslim Patients

## Islam & Well-Being

### What does Islam say?

It is a religious obligation to take care of our health. Our bodies and minds are in trust from Allah (God) and this means responsibilities for each of us for ourselves. After faith, health and well-being are understood to be the greatest blessings to have been given to people and as such they are accountable to Allah.

It means knowing more about how our bodies function, and how it can become ill. The knowledge of certain health care professionals such as doctors, nurses, physiotherapists and psychologists can help us to care for ourselves. They help us to fulfil the blessings and trust from Allah in the care of our body and mind.

We are responsible for our bodies, and if we fail to do so, we will be questioned about it.

### The Prophet Muhammad

(Peace Be Upon Him) said "A servant of Allah will remain standing on the day of judgement until he is questioned about his age and how he spent it, and about his knowledge and how he utilised it, about his wealth from where he acquired it and

about his body as to how he used it". (Tirmidhi/Behaqi)

All doctors including those from the Islamic tradition agree that there are two ways to look after health:

- preserve health of a healthy person, both body and mind.
- Restore health where possible through medication, treatments and rehabilitation.

### Understanding pain, symptoms & what they mean

"Pain in the body is often a signal of something wrong, which we can cure by remedial measures. Our duty is to find out our own shortcomings and remedy them. If we try to do so in all sincerity of heart, Allah will give us guidance." (64:11) (A. Yusuf Ali).

This means that this type of pain known as acute pain can often be treated by using pain relief treatments. For example using paracetamol, acupuncture and massage.

### Seeking Treatment

I have faith that Allah will heal me. Why seek treatment?

A companion asked Prophet Muhammad (Peace Be Upon

Him) "O Prophet of Allah, when we are ill should we seek treatment or should we have faith in Allah and not seek treatment as Allah will cure us?" Prophet Muhammad (Peace Be Upon Him) replied "Oh servant of Allah-you must seek treatment for your illness as Allah did not create a sickness but has created a treatment for it (except old age)." (Bukhari).

According to this Hadith Muslim scholars agree it is the Prophet's (Peace Be Upon Him) Sunnah to seek treatment.

Allah has directed that we seek treatments for our illness. This means seeking help and advice from doctors and other professionals who are trained in a particular speciality such as physiotherapists and psychologists.

### Rehabilitation

#### 'What does this mean for me'?

Physical rehabilitation means it is possible to become more physically independent. This will mean doing a regular, daily, gentle stretch and

strengthen movement programme.

This is very important and helps to decrease the stiffness in joints and muscles. It also increases the strength of the muscles, in order to improve physical fitness. This is necessary, to be able to return to activities such as cooking, housework, kneeling for prayers (Salah) and work.

Rehabilitation is for chronic pain. Chronic pain is a different type of pain. This type of pain affects the person for more than three months.

This pain can respond to treatments but often can persist despite trying different treatments. This is when rehabilitation can be helpful to find different ways to reduce disability and distress, and cope with life, with the pain.

The Holy Quran states "Allah intends for you ease and does not intend for you hardship". (Surah Al-Bakarah 2:185)

As trustees of our body, we have a duty to maintain its physical well-being, and to rehabilitate ourselves if we become ill or disabled.