



Chronic Pain: How Can Exercise Help?

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Pain Can Often Stop Us From Living A Full Life...



Exercise Can Be A Great Part Of Your Treatment Plan!

Chronic Pain

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE consult your DOCTOR before beginning this or any other exercise program, especially if you have any chronic or recurring condition.

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What Is It?



Terrible Triad



How Can Exercise Help



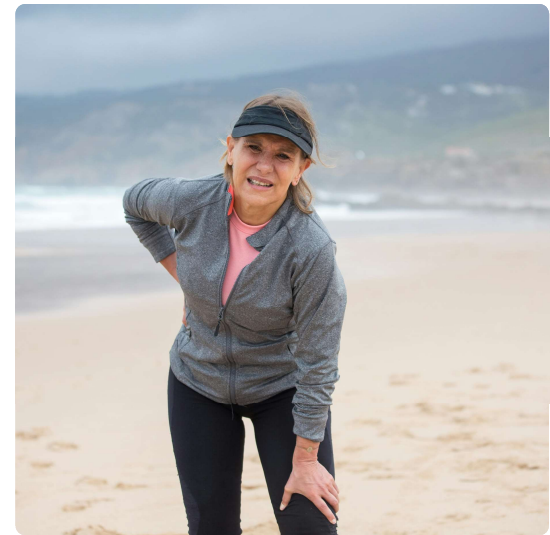
Precautions



Exercises

What Is Chronic Pain?

- ▶ Pain Which Is:
 - ▶ Long Lasting (Months, Years)
 - ▶ Challenging To Manage
- ▶ Examples Include:
 - ▶ Low Back Pain
 - ▶ Pain From Cancer
 - ▶ Pain From Arthritis
 - ▶ Fibromyalgia



Pain Neurophysiology

- ▶ Knowledge Of Pain Science Can Greatly Impact A Person's Pain Experience!
- ▶ Pain Is Not Only Mechanical
 - ▶ There Are Psychological And Sociological Factors
- ▶ Many Factors Contribute, Such As:
 - ▶ Habits
 - ▶ Work/Social Life
 - ▶ Financial Concerns
 - ▶ Social Support
- ▶ "Pain Is A Decision By The Brain, Based On The Perception Of Threat."
- ▶ Pain Is Not Due To Damage
 - ▶ Due To Nerve Sensitivity
- ▶ Stress Can Play A Huge Role
 - ▶ "Injuries That Happen In Stressful Environments Are 7-8 Times More Likely To Produce Chronic Pain"



Acute (Short Term) Vs Chronic Pain

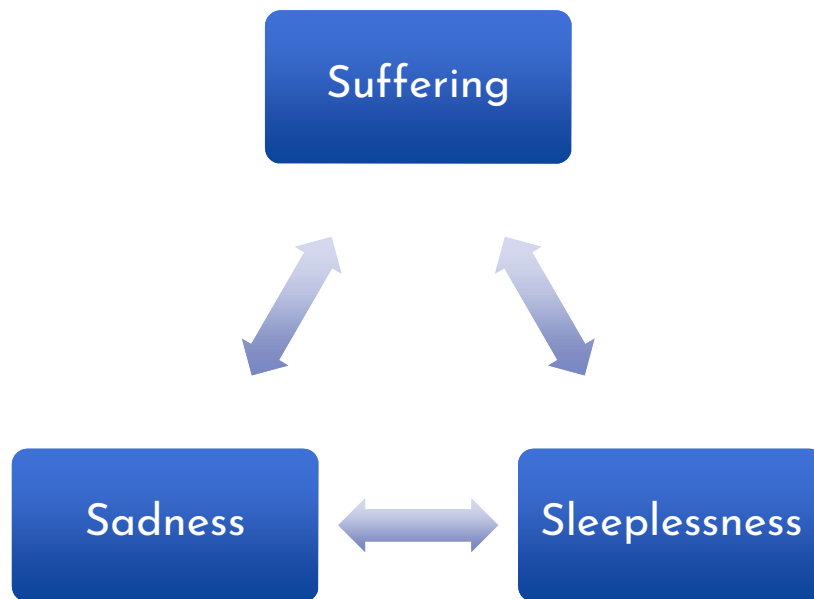
▶ Acute Pain

- ▶ Possibly Due To Damage To Tissues Or Nerves
- ▶ Can Be From An Injury, Illness, Surgery...
- ▶ Usually Lasts 1-2 Weeks
- ▶ Often Resolves Once The Injury Heals

▶ Chronic Pain

- ▶ Persists Past The Normal Recovery Time
- ▶ Might Accompany A Chronic Disease (Cancer, Arthritis, Bone Fracture...)

Terrible Triad



- ▶ Chronic Pain Can Be Part Of A Vicious Cycle
 - ▶ Pain Can Cause Depression
 - ▶ Depression Can Cause Insomnia
 - ▶ Lack Of Sleep Can Cause More Pain And Sadness
- ▶ Can Cause Patients To Resort To Unreliable Treatments Or Addictive Medications
- ▶ Can Be Also Place A Toll On Friends And Family

How Can Exercise Help?

- ▶ Reduce:
 - ▶ Muscle Stiffness
 - ▶ Joint Inflammation
- ▶ Improve:
 - ▶ Alignment Concerns
 - ▶ Muscle Weakness
 - ▶ Energy Levels
 - ▶ Mental Health



Chronic Pain Care Teams

- ▶ There Are Various Professionals That Can Help Those With Chronic Pain:
 - ▶ Doctors (Family Medicine, Psychiatrists, Chronic Pain Specialist...)
 - ▶ Surgeons
 - ▶ Physiotherapists/Occupational Therapists
 - ▶ Social Workers/Counsellors
 - ▶ Exercise Therapists/Kinesiologists
- ▶ Patient Education/Involvement Can Have A Huge Impact!



Precautions



- ▶ Consult Your Doctor Or A Qualified Exercise Specialist Before Starting A New Exercise Program
- ▶ Be Mindful Of Post Exercise Pain Or Soreness
 - ▶ Post-Exertional Malaise (PEM)
- ▶ Start With Small Movements

Ideas To Get Started

- ▶ Diaphragmatic Breathing
- ▶ Range of Motion (ROM) Exercises
- ▶ Hydrotherapy



Diaphragmatic Breathing



- ▶ While Sitting In A Chair, Place One Hand On Your Breast Bone And One Hand On Your Abdomen Near Your Navel.
- ▶ Slowly Take A Deep Breath In And Focus On Trying To Get The Hand On Your Stomach To Rise While The Hand On Your Breast Bone Remains Still.
- ▶ Ensure You Have Your Shoulders Relaxed Throughout The Exercise

Range of Motion

- ▶ Generalized Movements Of The Body
- ▶ Helps To Retrain The Body's Nervous System
- ▶ The Focus Is On Moving Non-Painful Parts Of The Body
 - ▶ Slowly Introduce New Movements
- ▶ Start "Teasing The Pain"
 - ▶ Push Yourself Slightly Over Time



Hydrotherapy



- ▶ For Those Who Can Access A Pool, Hydrotherapy Can Be A Great Treatment Option!
- ▶ “Water Therapy Can Be Considered One Of The Most Known And Doctor-Recommended Interventions, As It Combines Water Physical Properties And Exercise Benefits” ¹
- ▶ Check Out My Lecture On Benefits (And Precautions) Of Hydrotherapy
 - ▶ [Click Here](#)

Resource To Check Out!



PainScience.com

Provides Detailed Explanations On Various Common Painful Conditions
And Injuries