

The background features a central vertical line. To the left of this line, there are several colorful rays (purple, orange, and yellow) radiating outwards. To the right, there are clusters of colored dots in blue, green, and orange, also radiating from the center.

2020 GLOBAL YEAR FOR THE PREVENTION OF PAIN



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OF PAIN**

Physical Activity for Pain Prevention

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Physical activity and **exercises** have broad health benefits due to their effect on the musculoskeletal, cardiovascular and central nervous system.

Insufficient physical activity is detrimental to health and has been identified as a risk factor for noncommunicable diseases (including chronic pain)

Physical activity and **exercise** can improve patients' function in a wide variety of chronic pain conditions including chronic neck pain, osteoarthritis, headache, fibromyalgia, and chronic low back pain



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Physical activity – “any bodily movement produced by skeletal muscles that requires energy expenditure”.

Exercise – “planned, structured, and repetitive bodily movements that are performed to improve or maintain one or more components of physical fitness”



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Physical activity and **exercises** can reduce pain intensity and disability as well as provide other benefits including improvements in strength, flexibility, and endurance, a decrease in cardiovascular and metabolic syndrome risk, improved bone health, and improved cognition and mood.

Physical activities and **exercises** may also be considered as a valuable mental health promotion strategy, which are frequently associated to chronic pain.



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When prescribing physical activity health care providers should:

- Make it individualized, enjoyable, and related to the patient's goals.
- Provide supervision according to specific needs to improve adherence to physical activity and exercise.
- Personalise patient education addressing misconceptions about physical activity / exercise and pain.
- Recognise and address individual and environmental barriers barriers to compliance with physical activity / exercise that include
- Prime patients and move them along the stages of behavioral change to ensure therapy adherence and success can be achieved.