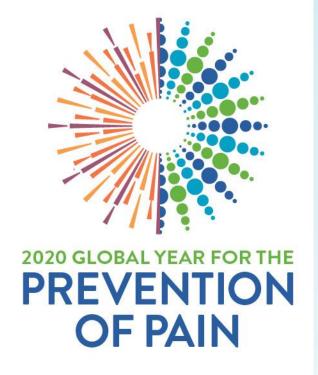


## 2020 GLOBAL YEAR FOR THE PREVENTION OF PAIN







## 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





**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"





**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.





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.

