

LET'S MOVE!

WHY THIS IS IMPORTANT

Physical activity is safe for all patients with chronic pain.

Tips for all healthcare professionals
on why and how to recommend physical activity for chronic pain.



Many people with (chronic) pain are not physically active:
How can you help them change that?



When recommending physical activity:

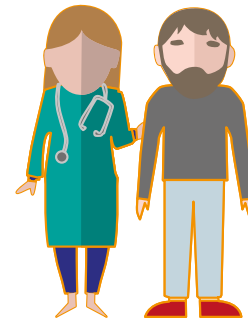
- Complete a comprehensive biopsychosocial assessment and determine (functional) goals
- Recognise and address barriers (both patient and environment-related)
- Make it individualised, enjoyable, related to patient goals with supervision specific to the patient's needs to improve adherence
- Personalise patient education to include:
 - Impact of physical activity on the nervous system
 - Education targeting fear-avoidance, beliefs, perceptions and education about activity behaviour
 - How to do the physical activity programme

Many types of physical activity are suitable

Choose physical activity with the patients and base it on their needs.

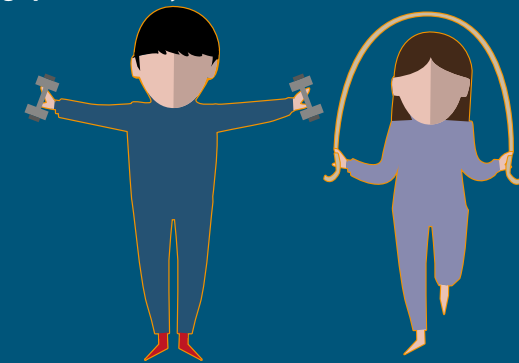
Physical activity recommendations

- **Frequency:** At least five times per week
- **Intensity:** Moderate. This means, for instance, working hard enough to break a sweat, but still able to carry on a conversation.
- **Time:** 20-60 minutes continuous activities or shorter intervals interspersed with resistance exercise (examples: light weight lifting, arm raises).
- **Type:** Continuous and rhythmic exercises that engage major muscle groups but do not worsen symptoms (walking, jogging, swimming, dancing, and so on).
- **To progress:** Increase duration before intensity. Examples: When walking on a treadmill, increase the duration and walking speed before you increase the inclination.



Resources

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- Meeus, M., Niggs, J., Van Wilgen, P., Noten, S., Goubert, D., Huijgen, I. 2016. Moving on to Movement in Patients with Chronic Joint Pain. *Pain Clinical Updates*. www.iasp-pain.org
- Bidonde, J., Busch, A. J., Schachter, C. L., Overend, T. J., Kim, S. Y., Goes, S. M., Boden, C. & Foulds, H. J. 2017. Aerobic exercise training for adults with fibromyalgia. *Cochrane Database Syst Rev*, 6, Cd012700.
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About EFIC® On the move

The European Pain Federation on the Move Campaign is the first EFIC presidential campaign. Launched in 2018, The campaign aims to raise awareness of the importance of physical activity in preventing and managing chronic pain. To learn more about it please visit our website and follow our #EFIConthemove campaign on Facebook, Twitter and LinkedIn

The On the Move campaign infographics have been developed in collaboration with the European Region of the World Confederation for Physiotherapy



About the European Pain Federation EFIC®

The European Pain Federation EFIC is a multidisciplinary professional organisation in the field of pain research and medicine, consisting of the 37 European Chapters of the International Association for the Study of Pain (IASP) and representing some 20,000 physicians, nurses, scientists, psychologists, physiotherapists and other health care professionals involved in pain medicine



About ER-WCPT

The European Region of the World Confederation for Physiotherapy (ER-WCPT) represents the National Physiotherapy Associations of 38 countries in Europe, including all Member States. Our pro-active commitment is to contribute to the EU and European policy, aiming for equal access and quality healthcare. Physiotherapy is the health profession with expertise in movement and exercise prescription throughout the lifespan across the health spectrum. Physiotherapy involves specific interventions to individuals and populations where movement and function are, or may be, threatened by illness, ageing, injury, pain, disability, disease, disorder or environmental factors. Such interventions are designed and prescribed to develop, restore and maintain optimal health.