

EFIC® ON THE MOVE-

Physical activity to prevent and manage pain



Fullen B, Morlion B, Carraro V
European Pain Federation EFIC, Brussels, Belgium

Background

Physical activity's well known health benefits include a reduced risk of cancer, cardiovascular disease, diabetes and improved mental health. What is less well known is that greater levels of physical activity and exercise are also associated with a lower risk of developing chronic pain.

The theme of EFIC's Professor Morlion's Presidential Campaign (2017-2020) is 'EFIC On the Move'. This focuses on promoting the importance of physical activity in the prevention and management of primary and secondary pain. An awareness campaign was launched.

Methods

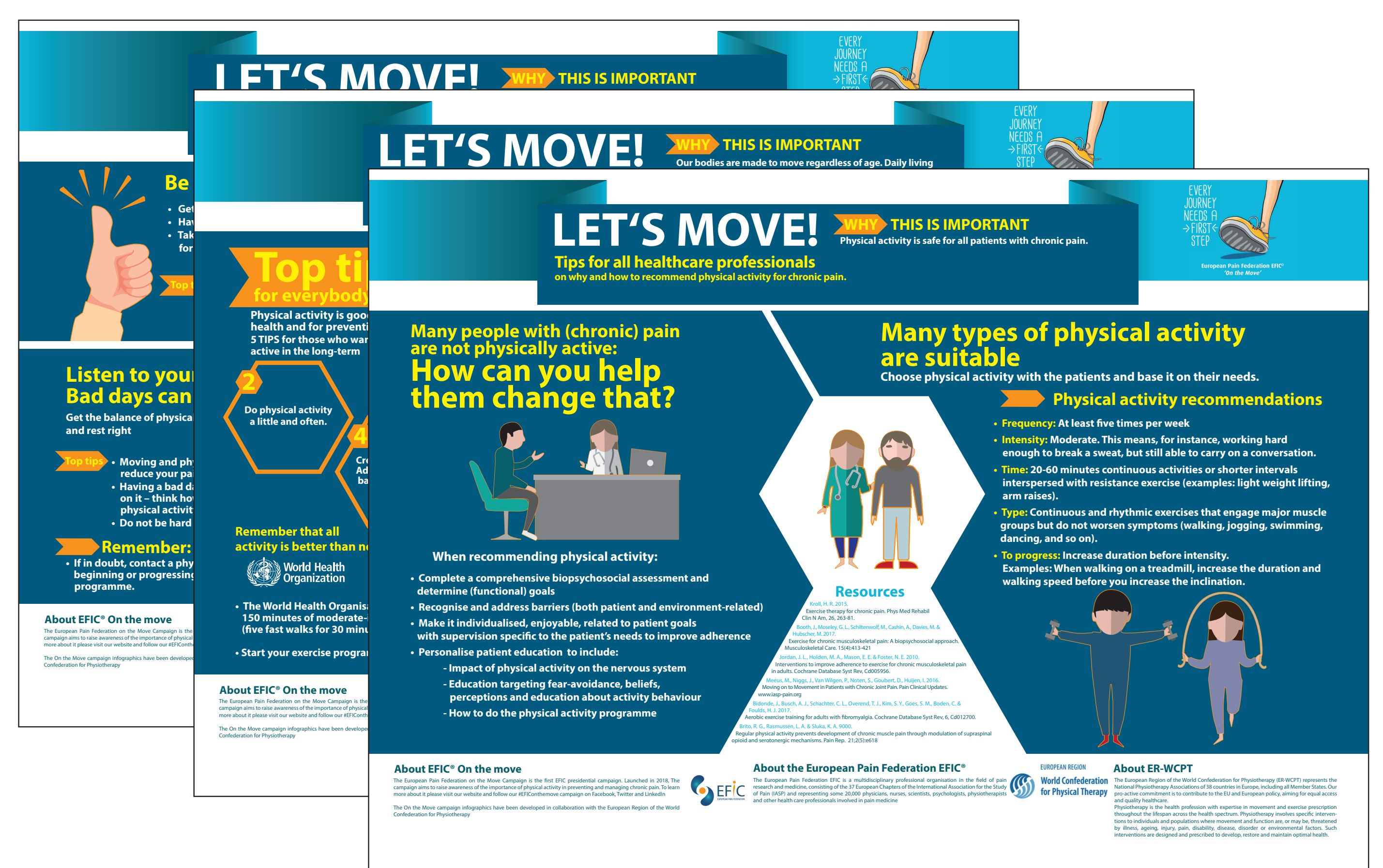
A multidisciplinary group of expert healthcare professionals (**physiotherapy, rehabilitation specialist, medical doctors**) and patients in collaboration with the European Region of the World Congress of Physiotherapy (ER-WCPT) developed awareness and educational resources for healthcare professionals, for people with pain and for the general public.

Results

Three infographics and accompanying videos have been produced focusing on:

- **Healthcare professionals:** to advise on physical activity guidelines to prevent and manage pain.
- **People with pain:** to promote physical activity as part of their daily pain management strategies.
- **General public:** to increase understanding on the long-term benefits of physical activity in the prevention of chronic pain

These free materials are available on the EFIC website:



Conclusions and next steps

These campaign messages have already been widely disseminated, for example during the 2019 European Public Health Week and the EFIC Congress. In 2020 they will be included in the Global and European Year for Pain Prevention organized with the International Association for the Study of Pain (IASP).

To evaluate the reach and impact of this campaign a survey will be launched later this year, which will help us to define the next steps.



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.