

PROMOTING PHYSICAL ACTIVITY IN CHRONIC PAIN

Clear evidence demonstrates the benefits of physical activity (PA) on pain and overall health.

However, *PA remains challenging* for many individuals living with chronic pain.

The On The Move position paper provides *five recommendations for health professionals to assess, advise and support* individuals in adopting and sustaining physically active lifestyles.



1: Take a PA history

- Assess **current and previous PA levels**
- Explore **readiness to change** and **barriers to engagement** in PA



2: PA is safe

- Assure individuals living with chronic pain that **PA is a safe intervention**



3: Brief interventions

- **Find what works best** for each individual
- Provide oral and written **advice on PA benefits**



4: Assess PA-related pain

- Be aware of **pain experience during PA**
- Provide suggestions to start and **guide patients in the progression**



5: Support staying physically active

- **Adjust or progress** the PA plan as needed
- **Identify new barriers to PA**
- **Provide feedback** on performance

Vaegter, H. B., Kinnunen, M., Verbrugghe, J., Cunningham, C., Meeus, M., Armijo-Olivo, S., Bandholm, T., Fullen, B. M., Wittink, H., Morlion, B., & Reneman, M. F. (2024). Physical activity should be the primary intervention for individuals living with chronic pain A position paper from the European Pain Federation (EFIC) 'On the Move' Task Force. *European Journal of Pain*, 00, 1-8. <https://doi.org/10.1002/ejp.2278>