

Walking for Chronic Pain



A simple guiding message for patients

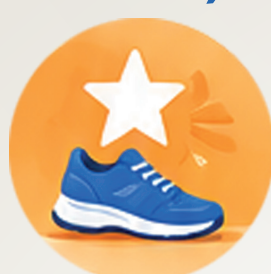
Walking does not need to be intense, fast, or long to be effective.

For people living with chronic pain, the most helpful approach is to start at a comfortable level and build up gradually over time.

Start where you are, progress step by step, and choose movement that feels manageable and meaningful.

How to Get Started

1 Begin with your current level, even if this feels very low. Every step counts!



2 Increase gradually, for example by adding 5 minutes of walking or about 500 extra steps every few days or each week.



3 Consistency matters more than distance or speed. Regular walking is more important than reaching a specific step target on one day.



4 Break walking into short bouts if needed (e.g., several 5–10 minute walks during the day).



5 Choose environment that feels safe and convenient, such as parks, sidewalks, shopping centres, or even walking indoors.



6 Find what motivates you, such as walking with another person, listening to music or podcasts, or tracking progress with a phone or wearable device.



7 Walk at a comfortable pace, and gradually increase speed only when it feels manageable.



8 Focus on progress, not perfection. Ask yourself: Am I moving a little more than last week?



9 Use support if helpful. Walking together, joining a group, or using a step counter or app can make it easier to stay consistent and build confidence over time.



RESEARCH SHOWS

Walking is safe for people with chronic pain and does not worsen pain severity, making gradual movement a positive step for both health and well-being.

Small, consistent increases in walking can help rebuild confidence in movement, support overall health, and reduce the impact pain has on daily life.

- ✓ Safe
- ✓ Accessible
- ✓ Low-cost
- ✓ Adaptable



SCAN FOR MORE INFO

