

CHRONIC PAIN AND EXERCISE

Exercise is an effective treatment to relieve chronic pain

Physical therapists have unique skills to recommend specific exercise programmes



Benefits of exercise for chronic pain



Flexibility

Maintain flexibility and movement



Cardiovascular

Important for cardiovascular health



Strength

Builds and keeps muscle tone



Mood

Improves mood and general wellbeing



Pain management

Helps control pain and increases confidence to take part in activities



Take control

Take back control of your life and reduce your fear



Movement for Health
World Physical Therapy Day



World Confederation
for Physical Therapy

www.wcpt.org