

What is chronic pain?

Chronic, persistent or long-term pain is pain that continues for longer than 3 months.

It is usually defined as pain that persists **beyond the normal time** that tissues take to heal following an injury.



Chronic pain is a significant global **health burden**



Across the globe **low back pain** causes **more disability** than any other condition

Main causes and conditions of chronic pain



Low back pain



Cervical and thoracic pain



Rheumatoid arthritis



Osteoarthritis



Shoulder pain



Headache disorders



Cancer



Fibromyalgia

Facts about pain

Acute pain alarms us about potential tissue damage and typically comes on suddenly as a result of a specific incident such as surgery, childbirth, a fracture, or trauma.

Chronic pain serves no biologic purpose as it is not related to the threat of tissue damage. Chronic pain can be considered a disease state and can persist for months or years.

Pain persists in response to being overly sensitive to a perceived threat of harm to your body, despite the absence of tissue damage

How physical therapy helps

Physical therapy helps people with chronic pain **develop the skills** they need to manage and take control of their condition, increase their activity and improve their quality of life.

Benefits of exercise for chronic pain



Flexibility
Maintain flexibility and movement



Strength
Helps to build and keep muscle tone



Cardiovascular
Important for cardiovascular health



Mood
Improves mood and general wellbeing

Exercise therapy is included in all guidelines for the treatment of chronic pain
- ask your physical therapist, the exercise expert



Movement for Health
World Physical Therapy Day



**World Confederation
for Physical Therapy**
www.wcpt.org