

Exercise and Pain



✿ Key Learnings

- Ideally 150 minutes of moderate physical activity should be done across the week (where you can talk but not sing), but some is better than none.
- Doing exercise in smaller amounts but more often can allow you to exercise without negative impact on your pain
- Include focus on breathing before, during and after exercise. This will help your body get the best out of exercising
- Cardiovascular exercise improves chronic pain outcomes
- Doing 12 minutes of physical activity a day improves physical levels within 3 weeks
- Chronic pain can lead to a reduction in your muscle bulk and strength
- It's more important to focus on how you move / exercise rather than the number of repetitions.

✂ Skills to Practise

- Look at the exercise videos and join in
- Try and do these every day

? Quiz: Exercise and Pain

1. What are the two main components of fitness that benefit people with chronic pain?

- A. Flexibility and endurance
- B. Speed and power
- C. Balance and agility
- D. Strength and cardiovascular fitness

Explanation: Research highlights strength and cardiovascular fitness as key for managing chronic pain. **Answer:** D

2. What is “pain inhibition”?

- A. A conscious decision to avoid exercise
- B. A delay in muscle activation due to subconscious protection mechanisms
- C. A type of medication for pain relief
- D. A stretching technique

Explanation: Pain inhibition protects the body by limiting muscle activation during injury or flare-ups. **Answer:** B

3. How long should cardiovascular exercise be performed daily to improve fitness within three weeks?

- A. 12 minutes
- B. 6 minutes
- C. 20 minutes
- D. 30 minutes

Explanation: Just 12 minutes of increased cardiac output daily can improve fitness in three weeks. **Answer:** A

4. What is the recommended strategy for performing fitness exercises?

- A. Do all exercises in one session
- B. Use complex gym equipment
- C. Break exercises into smaller chunks
- D. Avoid exercising during flare-ups

Explanation: Breaking up exercise into manageable chunks helps reduce flare-ups and supports consistency. **Answer:** C