CHRONIC PAIN & EXERCISE

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25.3 MILLION

AMERICANS STRUGGLE WITH CHRONIC PAIN
"CHRONIC PAIN"

a term used to describe pain that persists for longer than the expected time frame of healing.
Depression
Sleep disturbance
Fatigue
Decreased physical & mental function overall
however a dependence can develop

20% of people in UT took opioid-based medications in a year

1/3 of those medications prescribed for long-term use appear to help
CHRONIC PAIN:
WHY EXERCISE MATTERS
**STRENGTH**
- Posture
- Joint stability
- Muscular strength

**REDUCED FATIGUE**
- Productivity
- Blood flow

**LESS INFLAMMATION**
- AKA less pain
- Chemical messengers
- Autoimmune diseases
ACTIVE > SEDENTARY

- No official guidelines
- Common consensus
- Customizable exercise plan
- Individual limitations
GOALS OF EXERCISE

1. Improve flexibility + strength
2. Improve endurance performance
3. Reduce intensity of pain
4. Reduce pain-related disabilities
FORMS OF EXERCISE
STRENGTH
FLEXIBILITY
PILATES?
MUSCULAR STRENGTH

- Improve joint stability
- Improve posture
- Reduce injury risk
FLEXIBILITY

- Total body stretching
- Emphasis on tender areas
- Start simple
PILATES

Studies show it can improve:

- Disability
- Pain
- Flexibility
- Balance
LISTEN TO YOUR BODY

- Individual limits
- Appropriate modifications
- Progression
HOW TO BEGIN AN EXERCISE PROGRAM
#1 Talk to your doctor

#2 Find licensed professionals

#3 Take a positive approach
Chronic Pain and Exercise
QUESTIONS + FEEDBACK