



## Exercise, Activity & Chronic Pain

FIPMSSUI No: 2.0

Date of issue: August 2012

Date of review: August 2014

If you require the information in this leaflet in a community language or alternative format

e.g. Braille, easy read or audio please contact the Equality and Diversity Team at:

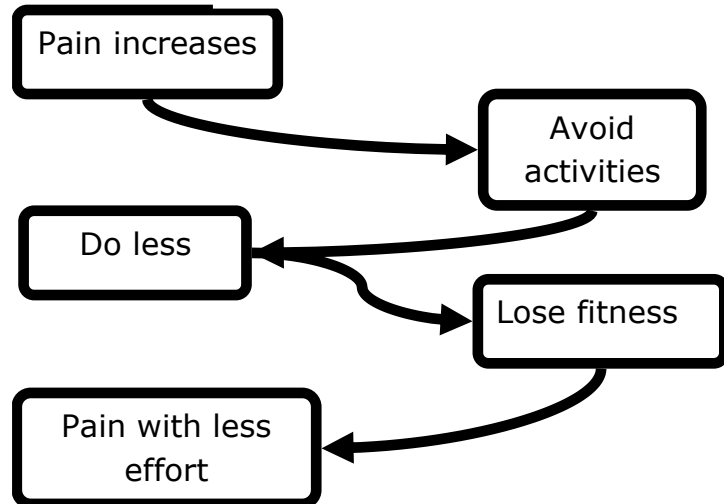
[fife-uhb.equalityanddiversity@nhs.net](mailto:fife-uhb.equalityanddiversity@nhs.net) or telephone 01383 565142

## Exercise, Activity and Chronic Pain

- Can't do as much as before?
- Avoiding many of the things you once enjoyed?
- Tried to exercise before but flare up your pain and now you feel **fed up**?
- You are not alone, it is a common experience of those who live with chronic pain.

### The Downward Spiral

- It may be easy to enter a downward spiral where you do less and less.
- You lose fitness very quickly so strenuous tasks such as cleaning or gardening get harder and are more painful.
- End result? - Frustration



- Returning to activity or exercise is **vital** to improve your independence and enjoying things again.

#### • **Exercise Myth 1**

- Exercise can cause more harm.
- **Fact**
- Most people find some discomfort at the start – it is important to start gradually to strengthen and build

#### • **Exercise Myth 2**

- Surely it is no pain no gain?
- **Fact**
- No.
- Pushing through the pain barrier only causes more pain

#### • **Exercise Guidance - Keep it F.F.I.T.**

- F = fun - choose something you enjoy so that you will keep doing it
- F = fresh - motivation can be difficult so why not change things e.g. use music, different equipment, or encourage friends to join in.
- I = interesting - Find something that suits YOU.
- T = timely - exercise should be sustainable and you should be able to do something each day. If you are doing exercise and know that you will pay the next day then that level is too much and will set you back.

Further information and resources go to:

- <http://sites.google.com/site/fifepaininfo/>      [www.painassociation.com](http://www.painassociation.com)
- [www.painconcern.org.uk/](http://www.painconcern.org.uk/)
- **Access to the internet is freely available at your local library.**