

LET'S MOVE!

Physical activity tips for people living with chronic pain

WHY THIS IS IMPORTANT

Physical activity can help reduce your pain, improve your quality of life and reduce the risk of long-term conditions (example: heart diseases, diabetes).

EVERY JOURNEY NEEDS A → FIRST ← STEP

European Pain Federation EFIC®
"On the Move"

Be positive you can do it!

- Getting started is often the hardest part.
- Have a physical activity goal, start with a simple one.
- Take up a physical activity that you enjoyed in the past for example: walking, dancing.

- Top tips**
- Review goals regularly.
 - Keep a physical activity diary or use an app to track your progress.

You are not alone

- Read local noticeboards to see if there are any local physical activity groups you could join.
- Do you prefer exercising alone or with somebody else? Could you meet a friend to do physical activities? This might help with your motivation!

- Top tip**
- Share your successes. Set up a WhatsApp group or a text messaging group and let people know when you reach your physical activity target.

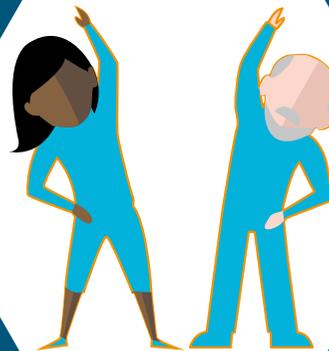
Listen to yourself Bad days can happen

Get the balance of physical activity and rest right

- Top tips**
- Moving and physical activity may actually reduce your pain.
 - Having a bad day or week? Do not dwell on it – think how you can get going with physical activity again.
 - Do not be hard on yourself.

Remember:

- If in doubt, contact a physiotherapist for advice about beginning or progressing your physical activity programme.



Some activity is better than no activity

Remember:



The World Health Organisation recommends that we do moderate physical activity for 30 minutes 5 times a week (for example fast walks or light jogs for 30 minutes) or 10,000 steps a day. Start your physical activity slowly and work your way up.

Resources

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About EFIC® On the move

The European Pain Federation on the Move Campaign is the first EFIC presidential campaign. Launched in 2018, the campaign aims to raise awareness of the importance of physical activity in preventing and managing chronic pain. To learn more about it please visit our website and follow our #EFIConthemove campaign on Facebook, Twitter and LinkedIn

The On the Move campaign infographics have been developed in collaboration with the European Region of the World Confederation for Physiotherapy



About the European Pain Federation EFIC®

The European Pain Federation EFIC is a multidisciplinary professional organisation in the field of pain research and medicine, consisting of the 37 European Chapters of the International Association for the Study of Pain (IASP) and representing some 20,000 physicians, nurses, scientists, psychologists, physiotherapists and other health care professionals involved in pain medicine



EUROPEAN REGION

About ER-WCPT

The European Region of the World Confederation for Physiotherapy (ER-WCPT) represents the National Physiotherapy Associations of 38 countries in Europe, including all Member States. Our pro-active commitment is to contribute to the EU and European policy, aiming for equal access and quality healthcare.

Physiotherapy is the health profession with expertise in movement and exercise prescription throughout the lifespan across the health spectrum. Physiotherapy involves specific interventions to individuals and populations where movement and function are, or may be, threatened by illness, ageing, injury, pain, disability, disease, disorder or environmental factors. Such interventions are designed and prescribed to develop, restore and maintain optimal health.