Exercise is an effective treatment to relieve chronic pain. Physical therapists have unique skills to recommend specific exercise programmes.

Benefits of exercise for chronic pain:

- **Flexibility**: Maintain flexibility and movement.
- **Cardiovascular**: Important for cardiovascular health.
- **Strength**: Builds and keeps muscle tone.
- **Mood**: Improves mood and general wellbeing.
- **Pain management**: Helps control pain and increases confidence to take part in activities.
- **Take control**: Take back control of your life and reduce your fear.

**Movement for Health**
World Physical Therapy Day
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