**CHRONIC PAIN AND EXERCISE**

**Exercise** is an effective treatment to relieve chronic pain.

**Physical therapists** have unique skills to recommend specific exercise programmes.

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**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

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**Movement for Health**
World Physical Therapy Day

www.wcpt.org