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

**Physiotherapists** 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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World Physiotherapy Day

World Confederation for Physical Therapy

www.wcpt.org