

EXERCISE FOR CHRONIC PAIN

WHY MOVEMENT MATTERS

Gentle movement is often one of the most effective tools in managing chronic pain. It reduces inflammation, improves circulation, increases strength and mobility, and releases natural endorphins.

GET STARTED SAFELY

Start slow and keep it simple. You don't need to join a gym or follow intense workout plans. Try:

- **Walking** – Even short walks around the block count
- **Swimming or water aerobics** – Low impact and joint-friendly
- **Chair yoga or seated stretching** – Great for those with limited mobility
- **Tai Chi or gentle yoga** – Improves balance and body awareness

ROUTINE RECOMMENDATIONS

- **Goal:** 150 minutes of moderate activity per week (e.g., 25 mins, 6 days/week)
- Break sessions into 5–10 minutes
- Add strength training 2x/week with light weights, bands, or body weight

TIPS TO STAY CONSISTENT

- Keep a movement journal or habit tracker
- Work with a physical therapist or trainer familiar with chronic pain
- Celebrate small wins: Did 5 minutes today? That's success.
- Use podcasts or music to stay engaged
- Movement is medicine—remind yourself daily

