

# President's Campaign

Physical activity for prevention &  
management of pain



## Committee

EDPP, exercise specialists, doctors, patient representative

## European Parliament Launch

Kick-off meeting with MEPs; integrating strategies that promote prevention measures in policy making

## Resources

Infographics  
Booklet  
Video clips  
[europeanpainfederation.eu](http://europeanpainfederation.eu)



2017

## 3 Round Delphi Survey

General Public  
People with pain  
Healthcare professionals

## Collaborators

European Region of the World  
Congress of Physical Therapists  
  
National Adult Literacy Agency

## German Translation

Pain & Movement WG  
Marjan Laekeman  
Martina Egan Moog  
Angela Dieterich



# LET'S MOVE!

Physical activity is good for you  
and can help to prevent pain

## WHY THIS IS IMPORTANT

Our bodies are made to move regardless of age. Daily living habits affect how we feel. A more physically active lifestyle gives us great health benefits, and it is never too late to start.



## Top tips for everybody!

Physical activity is good for your health and for preventing pain. 5 TIPS for those who want to be physically active in the long-term

1 Find a form of activity that you like.

3 Set reasonable goals! Avoid comparing yourself to others.

5 Build physical activity into everyday life. Take the stairs instead of the elevator, cycle or walk rather than using the car.

2 Do physical activity a little and often.

4 Create good habits. Adjust your activity based on your day.

Remember that all activity is better than none



- The World Health Organisation recommends that we all do 150 minutes of moderate-intensity aerobic physical activity a week (five fast walks for 30 minutes) or 20 minutes/ 10,000 steps a day.
- Start your exercise programme slowly and work your way up.

## Did you know?



Physical activity can help you lower the risk of developing chronic pain.

You can reduce your chance of developing:

- Low back pain by 40%
- Osteoarthritis by 50%
- Chronic pain by 10-12% compared to those who do not do 30 minutes of moderate physical activity 1-3 times a week (20-64 year olds)
- Chronic pain by 27% compared to those who do not do physical activity 2-3 times a week (over 65 year olds)

### Resources

Carross, L. J., Moore, R., Clarke, C., Martin, D., Colver, L.A., Smith, R. N. 2017  
Physical activity and exercise for chronic pain in adults: an overview of Cochrane Reviews. Cochrane Database of Systematic Reviews.  
World Health Organisation  
Global Strategy on Diet, Physical Activity and Health. Recommended levels of physical activity for adults aged 18-64 years. WHO website accessed 04/05/19  
World Health Organisation  
Priority diseases and reasons for inclusion: low back pain, WHO website accessed 04/05/19  
Ward, R. D., Hoadley, B. 2009  
Burden of major musculoskeletal conditions. Bulletin of the World Health Organization, 87, 645-656  
Lundmark, T., Ronsbo, P., Borchiellini, P. C., Kava, S., Dale, D. 2011  
Association between recreational exercise and chronic pain in the general population: Evidence from the HUNT study. Pain 152, 2241-2247

### 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 #5Ktogether 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\*

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EUROPEAN REGION

World Confederation  
for Physiotherapy

### About ER-WCPT

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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 whose 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.

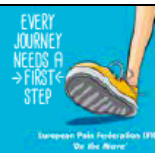
[https://europeanpainfederation.eu/wp-content/uploads/2019/08/190828\\_EFIC\\_OTM\\_VIDEO\\_03\\_V2.0\\_a.mp4](https://europeanpainfederation.eu/wp-content/uploads/2019/08/190828_EFIC_OTM_VIDEO_03_V2.0_a.mp4)



# LET'S MOVE!

**WHY THIS IS IMPORTANT**  
Physical activity is safe for all patients with chronic pain.

**Tips for all healthcare professionals**  
on why and how to recommend physical activity for chronic pain.



## Many people with (chronic) pain are not physically active: How can you help them change that?



When recommending physical activity:

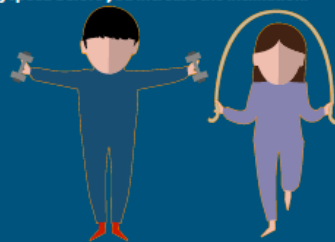
- Complete a comprehensive biopsychosocial assessment and determine (functional) goals
- Recognise and address barriers (both patient and environment-related)
- Make it individualised, enjoyable, related to patient goals with supervision specific to the patient's needs to improve adherence
- Personalise patient education to include:
  - Impact of physical activity on the nervous system
  - Education targeting fear-avoidance, beliefs, perceptions and education about activity behaviour
  - How to do the physical activity programme

## Many types of physical activity are suitable

Choose physical activity with the patients and base it on their needs.

### Physical activity recommendations

- **Frequency:** At least five times per week
- **Intensity:** Moderate. This means, for instance, working hard enough to break a sweat, but still able to carry on a conversation.
- **Time:** 20-60 minutes continuous activities or shorter intervals interspersed with resistance exercise (examples: light weight lifting, arm raises).
- **Type:** Continuous and rhythmic exercises that engage major muscle groups but do not worsen symptoms (walking, jogging, swimming, dancing, and so on).
- **To progress:** Increase duration before intensity. Examples: When walking on a treadmill, increase the duration and walking speed before you increase the inclination.



### Resources

Voell, H. A. 2015. Exercise therapy for chronic pain. *Phys Med Rehabil Clin N Am*, 28, 263-83.

Trapp, J., Moushey, G. J., Schiltennot, M., Carley, A., Davies, M. & Hulsebosch, M. 2017. Exercise for chronic musculoskeletal pain: A biopsychosocial approach. *Musculoskeletal Care*, 15(4):413-423.

Jordan, J. L., Holden, M. A., Mason, E. E. & Prosky, K. E. 2010. Interventions to improve adherence to exercise for chronic musculoskeletal pain in adults. *Cochrane Database Syst Rev*, CD802956.

Morris, M., Maggs, L., Van Wilgen, P., Nelson, S., Gombart, D., Huisman, J. 2016. Moving on to Movement in Patients with Chronic Joint Pain. *Pain Clinical Updates*. [www.pain-pub.org](http://www.pain-pub.org)

Roberts, J., Beach, A. J., Schachner, C. L., Chivers, T. J., Hsu, S. Y., Goss, S. M., Bodin, C. & Frouin, H. J. 2017. Aerobic exercise training for adults with fibromyalgia. *Cochrane Database Syst Rev*, 6, CD812700.

Birto, R. G., Rasmussen, L. A. & Silva, K. A. 2000. Regular physical activity prevents development of chronic muscle pain through modulation of supraspinal and serotonergic mechanisms. *Pain Rep*, 21,2(Suppl18)

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EUROPEAN REGION  
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# 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).



## 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.



## Resources

Green, L. J., Moore, R. A., Clarke, C., Martin, G., Colvin, L. A. & Smith, S. H. 2017  
Physical activity and exercise for chronic pain in adults: an overview of Cochrane Reviews. *Cochrane Database Syst Rev*, 4, CD011279.

Talbot, N.H., Ware, J., Bentley, S.C., Jones, C.A., Mayo, N.E., Liu, L.K., Patel, S., Groot, J., Vanheule, C., Chibrik, P.G. 2019  
A theory-based, task-oriented, outdoor walking programme for older adults with difficulty walking outdoors: protocol for the Getting Older Adults Outdoors (GO-OUT) randomised controlled trial. *BMC Open*, 20(1):e20203

Louvanen, L., Tahil, K., Karhunen, A., Hänninen, M., Palomäki, S., Tahvanen, A., Yang, X., Tervahauta, T. 2019  
Distinct trajectories of physical activity and related factors during the life course in the general population: a systematic review. *BMC Public Health*, 19(1):127

Silverstein, B.P., Wanders, M., Wells, H., Long, A., Kabore, C.D., Hootman, J.M. 2015-2017  
Self-Directed Walk With Ease Workplace Wellness Program - Minnesota. *MMWR Morb Mortal Wkly Rep*, 2018, 23(5):945-1295-1299.

Hansen, S., Jones, A. 2015  
Is there evidence that walking groups have health benefits? A systematic review and meta-analysis. *Ir J Sports Med*, 49(1):1710-5  
*Exercise in Medicine Australia*, 2014  
Chronic Pain and exercise. <http://www.exerciseinmedicine.com.au/>

## 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.

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2018 & 19

Societal  
Impact of  
Pain

2019

European  
Public Health  
Association

*Public Health  
Week*

2018 & 19

European Core  
Curriculum for  
Pain  
Physiotherapy

Diploma in  
Pain  
Physiotherapy

2019

EFIC  
Congress  
Valencia -  
dedicated  
workshops

2020

European  
Year  
Against  
Pain

*Pain  
Prevention*



Physiotherapy

Volume 97, Issue 2, June 2011, Pages 145-153

## Physical activity and exercise promotion and prescription in undergraduate physiotherapy education: Content analysis of Irish curricula (Article)

O'donoghue, G. [✉](#), Doody, C., Cusack, T. [🔍](#)

UCD School of Public Health, Physiotherapy and Population Science, Health Sciences Building, Univ. College Dublin, Belfield, Dublin 4, Ireland

● Exercise Science

● Exercise promotion & planning

● Strategies for changing physical activity behaviour

● Fundamentals of physical activity

● Physical activity & exercise prescription for clinical populations

● Physical activity & exercise for life-style related diseases

● Physical activity / exercise testing & measurement

● Physical activity & exercise prescription or specific populations

● Physical activity & exercise for public health

● Physical activity & exercise promotion

## Clinical Education

Skills based learning ; practice tailoring exercise prescription in clinical populations e.g. cardiac / pulmonary / pain / MSK

## Physiotherapy Hub

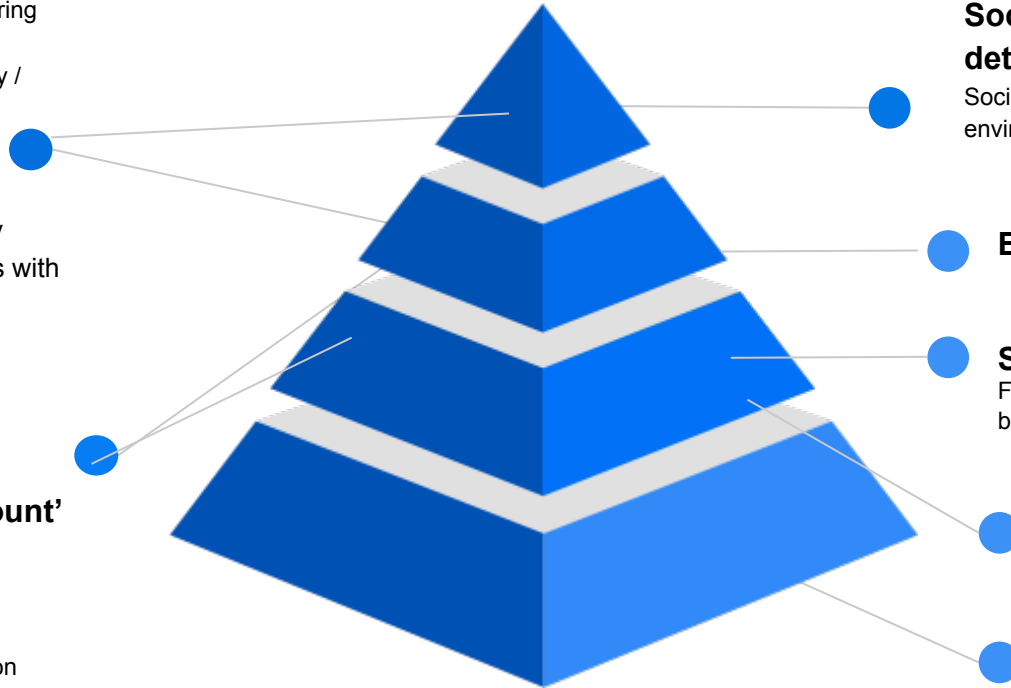
Contextual learning– community service addressing health needs with exercise & health promotion programmes

## 'Make Every Contact Count' Framework

Healthy Ireland Initiative

National UG Curriculum focused on behavioural change for every entry level Health Professional programme: smoking, nutrition, alcohol, activity - SNAP

Resources available & embedded in curricula



## Social-ecological model for determinants of PA

Social inequalities, community and environmental inequalities

## E-Health

## Sensor Technology

Facilitate adherence / log exercise behaviours

## Sport & exercise psychology

## Personal Training

Register of Exercise Professionals



# European Pain Federation Core Activities

## Advocacy

**European Pain Forum**

**Societal Impact of Pain**

**President's Campaign**

*On the Move*

**European Year Against  
Pain**

*Prevention of Pain*

## Research

**Research Strategy**

**Grants and Prizes**

**Clinical Task Forces**

**Collaborations**

## Education

**Pain Curricula**

*Medicine, Physiotherapy, Nursing,  
Psychology*

**Pain Exams**

*Medicine, Physiotherapy*

**Pain Schools**

**EFIC Fellowships**

**EFIC Education Platform**

**Global Educational  
Summit**

# VIRTUAL GLOBAL PAIN EDUCATION SUMMIT:

PRESENTED BY THE EUROPEAN PAIN FEDERATION

6-8 November 2020

- Biggest online pain education event in 2020
- Over 40 hours of teaching across 2 days
- Specific tracks of 14 hours teaching for physicians, physiotherapists, psychologists and nurses
- 5 hours of interprofessional learning sessions
- Cutting edge science lectures



[europeanpainfederation.eu](http://europeanpainfederation.eu)