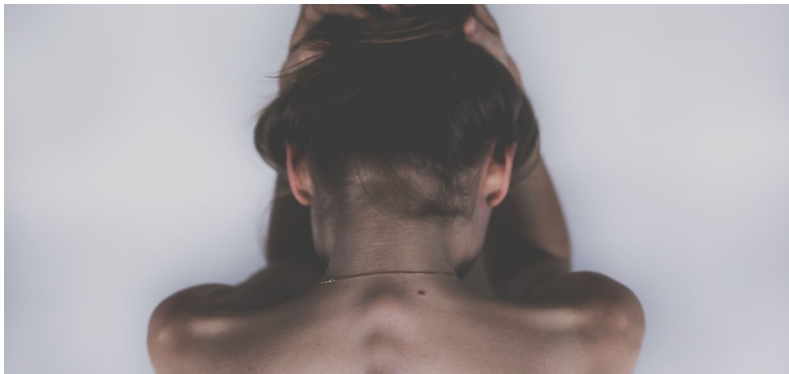


THE DAILY MOVEMENT

THE RIGHT EXERCISE ADVICE, FROM THE EXPERTS

EXERCISE AND CHRONIC PAIN/FIBROMYALGIA

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It is estimated that 13% of the Australian population are living with chronic pain, while 2% of those have fibromyalgia. This high incidence results in an approximated \$34 billion cost to the Australian economy.

While chronic pain and fibromyalgia are very complex, research is constantly developing our understanding of what pain is and why it occurs. The purpose of the pain is to protect, it is an output of the brain taking into account many factors including environment and previous experiences. Pain does not necessarily mean there is damage, and damage does not necessarily mean there will be pain.

How exactly can exercise help you?

1. Improved tolerance to activities and tasks of daily living.
2. Reduce pain experience.
3. Reduced fatigue.
4. Improved sleep.
5. Improved strength, muscle mass and power.
6. Improved mood.
7. Smooth out boom-bust cycles of these conditions

We understand that the thought of exercising may seem daunting, especially when everything in your body is saying not to. You may have many more questions than answers. What type of exercise should I do? How do I get started? In this issue of The Daily Movement, we endeavour to answer your questions by delving deeper into the types of exercise that are most effective, plus some helpful tips to get you going.

DID YOU KNOW??

Passive treatments such as massage, physiotherapy and acupuncture can be effective at providing short term relief of symptoms. However, to promote long term improvement, it is essential to incorporate an active approach to your overall management.

Active treatments include physical things such as walking, strength training and stretching as well as other things like mindfulness, ensuring you are getting enough sleep and managing stress.

TRUE OR FALSE?

- 1 When you are feeling any sort of pain the only thing to do is rest.
- 2 Managing stress levels may improve symptoms.
- 3 If you feel any pain when exercising you should stop immediately.

TURN OVER TO FIND
OUT THE ANSWERS



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WHAT EXERCISE AND WHY

Your current fitness level and symptoms will provide guidance around the most appropriate type of exercise. Stretching daily will play a role in improving flexibility, reducing muscle stiffness, and improving range of motion. Beginning and ending the day with some stretching of main muscle groups is recommended. Resistance training will be beneficial in improving strength and endurance for daily tasks. Aim to train for around 30 minutes on two non-consecutive days per week, targeting major muscle groups with whole-body movements. Ensure you have sufficient rest in between exercises. Both land and water-based aerobic training have shown to improve quality of life, mood and physical fitness. The aim is to accumulate 150 minutes throughout the week in small, non-pravocative bouts.

Resistance Training



Resistance training involves activities like lifting weights or using your own body weight as leverage to stress your muscles.

Aerobic Training



This is the type of exercise that will get you huffing and puffing. Think things such as a brisk walk and cycling

Flexibility training



Refers to stretching, these movements can be both static or movement based. This helps keep our joints moving as they should.

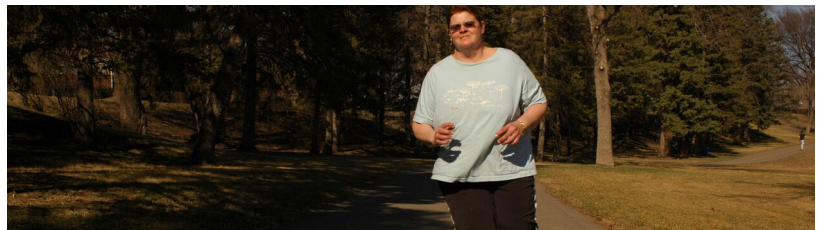


YOUR CHECKLIST FOR A PERFECT LIFESTYLE AND EXERCISE PLAN

- ☐ Aim to perform 150 mins of exercise per week.
- ☐ Incorporate stretching, aerobic and resistance training into an exercise plan.
- ☐ Reduce sedentary behaviour. Aim for 10000 steps per day.
- ☐ Form a weekly plan of WHEN and WHAT exercise will occur.
- ☐ No more than 2 consecutive days without exercise.
- ☐ If further guidance is needed or you are not seeing the results you expect, see an Accredited Exercise Physiologist.

TIPS FOR GETTING STARTED

- ✓ Start small and build up. By making small changes and incorporating regular, purposeful exercise into your daily routine, you will reap the benefits for years to come.
- ✓ Remember that exercise is medicine! It is best when incorporated into a daily strategy to assist in the management of pain conditions.
- ✓ If you are experiencing a period of heightened pain, you will benefit from modifying the activity by reducing the intensity or duration, rather than excluding it altogether.



TRUE OR FALSE ?

- 1 False.** Rest is important however too much can lead to deconditioning and worsening pain. Regular exercise is an essential aspect in the treatment of chronic pain to maintain tolerance levels to daily tasks.
- 2 True.** A common aggravator of symptoms is high-stress levels or a stressful event. Exercise is a great way to manage stress and mood, other helpful interventions may include mindfulness and diaphragmatic breathing.
- 3 False.** Some discomfort or pain is acceptable and to be expected as we are introducing the body to new movements and loads that it may not have experienced in a long time. A general rule is that if your pain level increases by more than 3/10, try to find an alternative exercise.