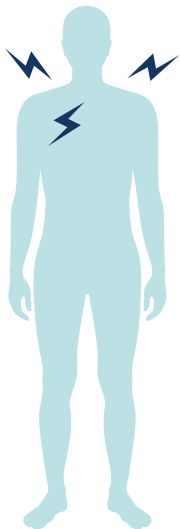


Is Exercising with Chronic Pain as Easy as "Just do it"?

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EXERCISING with
CHRONIC PAIN is
NOT as simple as
JUST DO IT.

nothing about living
WITH PAIN IS SIMPLE



CHRONIC PAIN
is defined by



ARTHRITIS as chronic pain example

Pain is chronic, fluctuates (flares), and can be debilitating



EXERCISE = **RECOMMENDED SELF-MANAGEMENT STRATEGY**

IMPACTS OF ARTHRITIS



Individual burden:

Pain, depression, anxiety, limitations in activities of daily living, lower health-related quality of life



Economic burden:

**6.4 CDN/
128 billion USD**
(direct + indirect costs)

There is often **fear that exercise will make pain worse or cause it to flare up**

Chronic pain literature: **Pain, in isolation, does not influence functioning and behaviors**

But **psychological responses to pain** (rather than pain itself), **may be important**

PAIN ACCEPTANCE IS NOT

- ⊗ "Sucking it up"
- ⊗ "Pain does not matter"

PAIN ACCEPTANCE IS

- ⊙ Being willing to do valued activities even though one has pain



HOW TO DEVELOP PAIN ACCEPTANCE

- ⊙ Acceptance and Commitment Therapy (ACT)
- ⊙ Mindfulness-based

LEARN TO:

- ⊙ Make room for painful sensations and responses/emotions (e.g., pain anxiety) in order to pursue valued activities (e.g., exercise)
- ⊙ Allow presence of pain without struggling

