

Becoming more active
active
active

Salford Royal **NHS**

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Pain and Activity



To motivate and support change



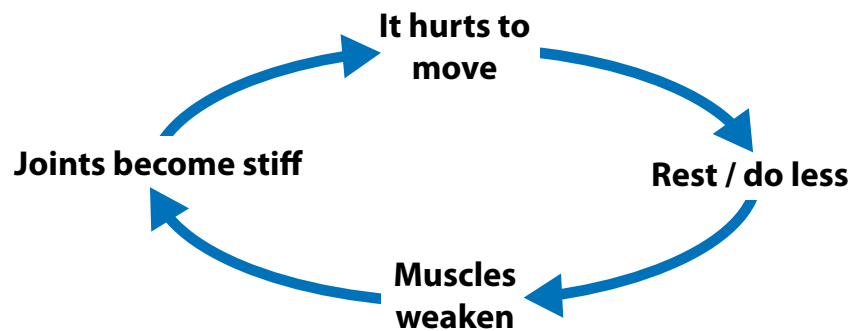
Pain Centre
Irving Building
0161 206 4002
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*Saving lives,
Improving lives*

You can be

agile
 animated
 committed
 devoted
 energetic
 effectual
 enthusiastic
 functional
 lively
 moving
 on the go
 on the move
 operate
 spirited
 sprightly
 vibrant
 vital
 vivacious

People with chronic pain frequently cut down their activities and avoid doing things which make them feel worse. Reduction in activity leads to a decrease in general fitness. With long term pain, pain is felt even though there is no damaging process going on. The message of pain is no longer a useful one, but it causes avoidance of movement, unhelpful guarded movements and muscle spasm. Avoidance is not helpful in the long term as it becomes more and more difficult to do the things you have avoided.



Effects of inactivity on the body

Muscles

Muscles become weak, tire easily, have poor endurance and develop more fibrous tissue rather than new muscle cells. They become stiff, short and more difficult to stretch. They are also more likely to go into spasm.

Joints

Joints become weak and ligaments are more easily sprained or torn. Stiffness of joints and weakness of muscles may lead to alteration in posture and in turn put more strain on the joints.

Bones

Bone structure becomes weaker as calcium is lost with inactivity. This is most likely to occur in post menopausal women.

Cardiovascular and respiratory fitness

The heart is a muscle and needs exercise. Decreased fitness may lead to decreased stamina and sluggish circulation. Inactivity has also been linked with high blood pressure and heart disease.

General well being

A reduction in rewarding activities e.g. hobbies or work may lead to frustration, low mood and a feeling of isolation. Other effects may include poor sleep pattern, reduced mental alertness and a reduced ability to cope with stress.

These effects can happen to seemingly healthy members of the population who are generally inactive. Even though we may be unable to remove the pain, if you become more active many of the secondary problems will diminish.

To motivate and support change

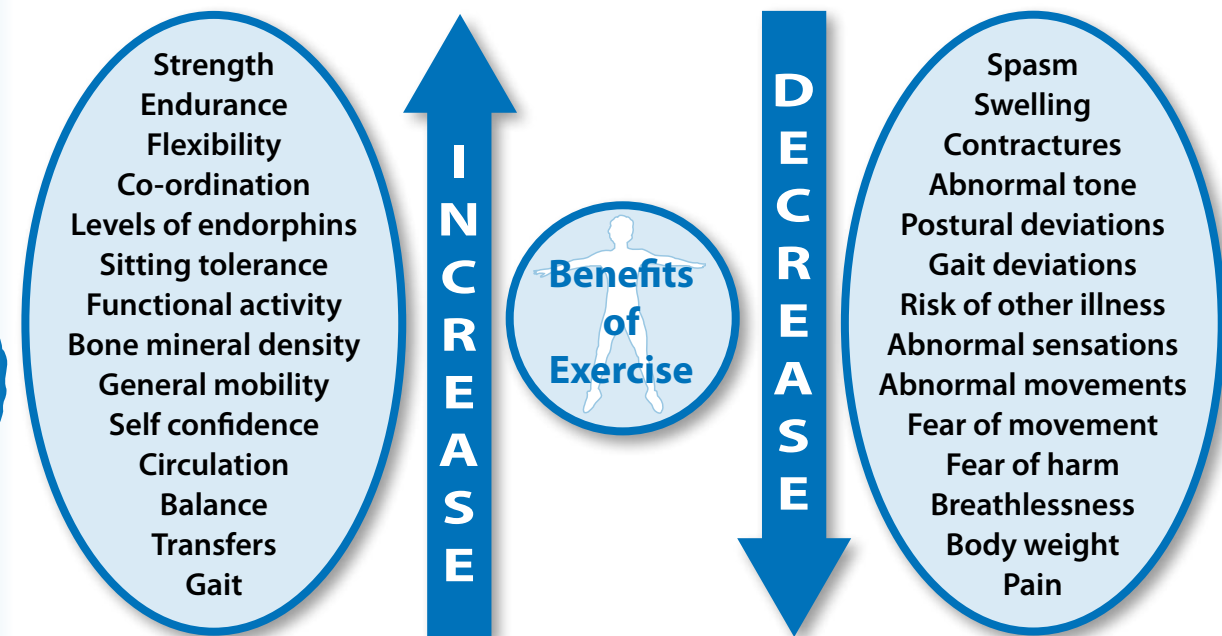


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Benefits of exercise

Changes in fitness due to inactivity can be reversed by exercise. This can take several weeks. In the short term exercise may increase pain - "post exercise soreness" is a normal response. As chronic pain does not indicate harm it is entirely safe for you to begin a paced exercise programme.



Types of exercise

Warm up / cool down exercises

These increase circulation in the muscles to prepare for stretching and gradually wind muscles down after exercising. This can help prevent unnecessary muscle soreness and joint stiffness.

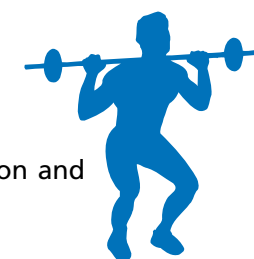


Stretching exercises

Stretching can increase the length of tight muscles and improve soft tissue suppleness and flexibility. Stretching can also reduce tension, aid relaxation and reduce muscle pain and spasm during flare-ups of chronic pain.

Strengthening exercises

These increase muscle strength to prepare the muscles for increased function and activity levels.



Aerobic exercise

To improve cardiovascular and respiratory (heart and lungs) fitness. To increase endurance and stamina. To give an improved feeling of general fitness and well being.

To motivate and support change



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or Email:

InterpretationandTrans@srft.nhs.uk

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This is a teaching hospital which plays an important role in the training of future doctors. The part patients play in this process is essential to make sure that we produce the right quality doctors for all of our futures. If at any time you would prefer not to have students present please inform the doctor or nurses and this will not affect your care in anyway.

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