

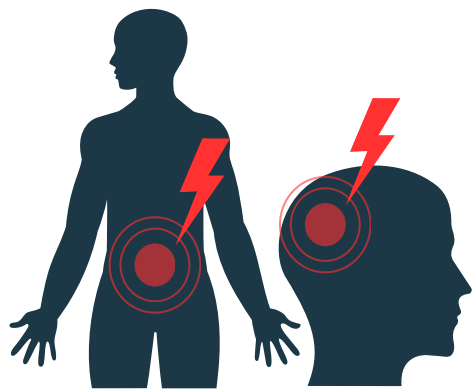
How to

# move



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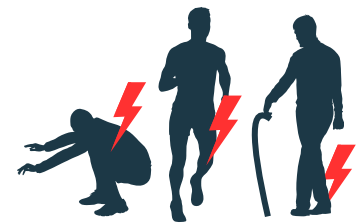
## FROM PAIN TO PROGRESS



Some conditions increases pain sensitivity



Nerves and brain remain on high alert



Normal activities can feel painful

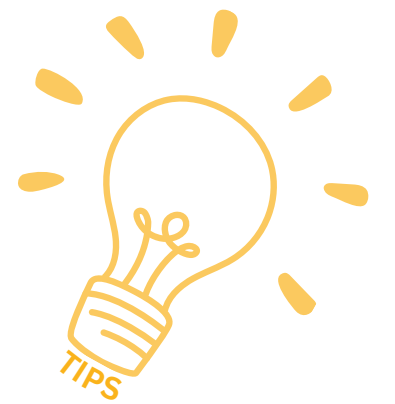


Pain continues even without new trigger

PAIN

CYCLE

## GENTLE EXERCISE CAN HELP BREAK THE PAIN CYCLE



TIPS

### 1 Start slow & easy

Low intensity. Progressive. Strengthen non-painful areas

### 2 Pause in between

Stay hydrated. Stretch. Allow pain flare to settle

### 3 Make it a routine

Daily schedule. Pace

### 4 Track progress

Keep record: repetitions, duration, resistance

### 5 Have a good mix

Mindfulness. Strengthening. Aerobic. Motor-control

What about PAIN?

- Mild increase ( $\leq 30\%$ ) is normal
- Allow 3 to 5 days for recovery
- Modify movements to manage pain flare
- Have a flare-up plan with your healthcare professional

#### REFERENCES:

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NOTE: This poster shares general tips and information for general awareness and educational purposes only. For advice specific to you, please speak with your healthcare professional.