

ALL THE RIGHT MOVES

Physical activity promotion for people with musculoskeletal pain

REGULARLY INQUIRE



Regularly assess physical activity in patients (a brief survey can be used) from which meaningful conversations emerge.

IMMEDIATE BENEFITS

Avoiding physical activity due to pain leads to stress. While acknowledging the longer-term gains, focus on the immediate benefits of being active, such as stress reduction, temporary pain relief and changes in mood.



Pain can be a normal response to physical activity and not a sign of a worsening condition. 'Hurt does not equal harm' and 'sore but safe' can be reassuring messages.

PAIN EDUCATION



Every movement counts. Frequent, light intensity activities like backyard work, household chores or leisurely walking are all inclusive and accessible forms of physical activity.



LIGHT INTENSITY

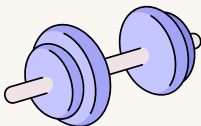
SEDENTARY BEHAVIOUR



Swap sitting time with light intensity physical activity whenever possible. Stand up for a couple of squats or go for a brief walk.

RESISTANCE TRAINING

Strength training is safe, convenient and has numerous positive health benefits. Further, it can have pain reducing effects across musculoskeletal conditions.



BEHAVIOUR CHANGE



Behaviour change is complex. Rely on health coaching or digital apps to provide structure, accountability, and motivation to support new habits.

GOAL SETTING

Consider small, realistic 'open goals' that gradually increase over time, ensuring enjoyment while minimising the potential negative impact of 'all or nothing' goals.



WHO Fact Sheet

