

## **Prescribing Exercise for Pain Patients**

By: Dr Darren LEONG

There is a growing body of evidence that physical activity and exercise interventions can improve pain severity, as well as physical function and quality of life. For the patient in pain, this can be a preferable alternative or adjunct to conventional treatment. Exercise interventions can help promote personal involvement of individuals in the management of their pain. This increase in self-efficacy, together with well-established benefits to cardiovascular and bone health, serve to improve their overall quality of life, and reduce the burden on healthcare resources.