



Pain Management Movement and Exercise Course

Who is the class for?

This class is designed for people who have chronic or persistent pain as a tool to help them manage their pain more effectively.

How does exercise help?

It is well documented in the research that exercise can be a useful tool in the management of chronic or persistent pain. Studies have shown that it can have a beneficial effect on mood, stress, anxiety as well as helping to improve physical performance needed to carry out everyday tasks.

What can I expect from the class?

The class is run by 2 experienced members of the pain management team. It is run weekly over 5 consecutive weeks and classes have 6-9 participants often with varying levels of physical/exercise ability. Each class is 50 minutes long and covers a broad range of exercise covering most of the major joints and muscle groups.

What should I wear?

Any comfortable loose fitting clothing.

Do I have to attend all 5 sessions?

It is important that you try to attend all sessions as one class leads onto another. Because we run the course in 5 week blocks if you are unable to attend the 1st session then you will have to wait a further 5 weeks until the commencement of the next block.

What are the aims of the class?

- Empower you with the confidence to exercise.
- Find out what your body can do.
- How to exercise.
- See what exercise can do for you.
- Meet other similar people.
- Ask questions.
- Have fun!