

CORE CURRICULUM FRAMEWORK FOR SUPPORTED PAIN SELF-MANAGEMENT COURSES AT TERTIARY PAIN PROGRAMS IN BRITISH COLUMBIA

TOPIC: EXERCISE AND MOVEMENT

KEY POINTS FROM THE LITERATURE

- In general, exercise therapy has been found to be mildly to moderately beneficial in the management of chronic pain, though activities should be individually tailored for patients with an emphasis on the prevention of symptom flares and developing appropriate recovery strategies .^{2, 4, 7}
- There does not appear to be a 'right' or 'best' type of exercise for chronic pain. Research has shown mild to moderate pain reduction with yoga, Pilates, qi gong, tai chi, resistance training, and aerobic exercise over non-exercise controls for various types of chronic pain. ^{1, 3, 5, 8-13, 15-20}
- For this reason, patients should be encouraged to select exercises that interest them, as they will be more motivated to continue.
- Due to the multi-modal nature of chronic pain, Mindful Movement Based Interventions (MMBIs), including meditation, body scans, visualization/guided imagery, and breathing exercises, may be incorporated to address comorbid stress, anxiety, and/or depression. ¹³

RECOMMENDED LEARNING OBJECTIVES FOR PARTICIPANTS

We recognize that not everyone who enters a pain self-management program will be in the same place in their journey to living well with pain and not everyone will have the same level of readiness to change their behaviour. Therefore, the following suggested skills and activities have been organized according to the Stages of Readiness for Change.

1. Precontemplation:

- i. Start to explore any fears and misconceptions about movement and pain.
- ii. Start to articulate the concept that pain does not necessarily mean tissue injury has occurred.

2. Contemplation:

- i. Discuss past experiences with movement and pain and understand that some pain is normal with movement.
- ii. Identify coping mechanism for pain in movement (avoidance vs endurance).
- iii. Discuss benefits of movement, including long term pain reduction.
- iv. Identify activities they enjoy and movements they would like to try.

3. Preparation:

- i. Locate a class within the pain program (or in the community) that reflects their interests and sign up.
- ii. Explain the importance of pacing as an alternative to avoidance/endurance.
- iii. Create a Brief Action Plan for movement goals.

4. Action:

- i. Participate in new activity/class.
- ii. Incorporate a mindfulness component into movement to enhance self-awareness and understanding of the body's response to movement (if desired).

5. Maintenance:

- i. Adjust pacing plan and movement goals, as needed, as they learn to listen to their body's cues and understand their own limits.
- ii. Continue to revisit the idea that pain does not indicate tissue damage and that some pain is normal with movement (especially with new movements).
- iii. Identify ways to increase sense of safety during movement.
- iv. Acknowledge and celebrate the behaviour change.

RESOURCES AND TOOLS

This is a selection of recommended resources. Please supplement with resources and tools you have used at your clinic/program as needed.

General:

- Pain BC playlist: [Gentle Movement @ Home: Guided movement and relaxation for people living with pain](#)
- LivePlanBe article: [Therapeutic pacing: A new way of managing activity](#)
- LivePlanBe articles: [Learn more about mind-body therapies and techniques](#)
- YMCA videos: [YMCA At Home low impact exercises classes](#), in particular:
 - [YMCA seated 20-minute exercises](#)
 - [YMCA seated upper body 15-minute exercises](#)
 - [YMCA 20-minute chair yoga](#)
- Choose to Move: [Program for people in pain 65 years and older](#)
- HealthLink BC: [Overcoming barriers to movement](#)

For Indigenous people living with chronic pain:

- First Nations Health Authority: [Traditional Medicine web.pdf \(fnha.ca\)](#)
- First Nations Health Authority: [First Nations Virtual Doctor of the Day \(fnha.ca\)](#)
- Metro Vancouver Indigenous Counselling: [Indigenous Mental Health and Wellness Counselling \(mvic.ca\)](#)

Resources in Punjabi:

- Punjabi Community Health Services: <https://pchs4u.com/optimized/index.html>
 - Support with: Provide services in Punjabi for many different aspects such as mental health, family supports, addictions, and senior supports. Phone: (905) 677-0889
- Sikh Family Helpline: Call 1-800-551-9128 to be supported by volunteers in Punjabi. You leave a voicemail and they will return your call within 24 hours
- Moving Forward Family Services: Offer counselling in Punjabi. Phone: 877-485-5025
- Deltassist: Offer support groups and counselling in Punjabi. Phone: 604-594-3455
- List for Punjabi counsellors: <https://counsellingbc.com/counsellors/language/punjabi-64>

Resources in Arabic:

- [Mental Health Information & Resources in Arabic - MMHRC \(multiculturalmentalhealth.ca\)](#)

- [EENet | Arabic-language mental health resources for newcomers \(camh.ca\)](#)
- [عادات غذائية تساعدك في التخلص من الألم المزمن \(ajel.sa\)](#)
- [الألم المزمن: أسباب، وأعراض، وعلاج \(webteb.com\)](#)
- [\(مايو كلينك\) Mayo Clinic الألم المزمن: قرارات العلاج -](#)

Resources in Chinese:

- Richmond Mental Health Outpatient Services http://www.vch.ca/Locations-Services/result?res_id=665
- 中僑心理輔導服務 S.U.C.C.E.S.S. Counselling Service <https://successbc.ca/news/s-u-c-c-e-s-s-extends-free-affordable-community-counselling-services/>
- 中僑互助會心理熱線 S.U.C.C.E.S.S Chinese Help Lines <https://successbc.ca/counselling-crisis-support/services/help-lines>
- 由教練帶領的學習 BounceBack Coaching <https://bouncebackbc.ca/bounceback-coaching/>
- 粵語「打開心窗」關懷互助小組 Cantonese 'Heart to Heart' Share and Care Group <https://vancouver-fraser.cmha.bc.ca/programs-services/chinese-mental-health-promotion/>
- 開創會所中文愛心小組活動 Pathways Richmond Chinese Family Support Group <https://pathwaysclubhouse.com/what-we-do/chinese-support/>

For program facilitators:

- Pain BC course: [Gentle Movement and Relaxation train-the-trainer course](#)
- Pain BC webinar: ["Movement as Pain Education" by Neil Pearson](#)
- Pain BC resource: [Assessment tools and clinical guidelines](#)
- Guidelines: [Canadian 24-hour movement guides](#)
- Physical Activity Readiness Questionnaire for Everyone: [PAR-Q+](#)
- Healthline article: [FITT principles for pacing in movement](#)
- PaRX: [BC Parks Foundation program that encourages clinicians to formally prescribe time in nature](#)
- PHSA: [San'yas Indigenous Cultural Safety Online Training \(sanyas.ca\)](#)
- Island Health: [Indigenous Health Cultural Safety | Island Health](#)
- Trans Care BC: [Intro to Gender Diversity - Expanded - LearningHub \(phsa.ca\)](#)
- Intercultural Online Health Network (iCON): [English iCON \(iconproject.org\)](#)
- EQUIP Health: [Trauma and Violence Informed Care](#)

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