



CLUB ACTIVE®
Change the way you age

CHRONIC PAIN & EXERCISE



Chronic musculoskeletal pain (CMP) refers to ongoing pain felt in the bones, joints and tissues of the body that persists longer than three months. Chronic pain is debilitating and limits daily activity and quality of life for anyone who suffers.

LIVING WITH CMP

Chronic pain can affect a person's use of health care and ability to work, exercise and socialise. It includes a diverse range of diagnoses, some of which imply a driving tissue pathology or structure (osteoarthritis, discogenic back pain) and some of the unknown pathology (spinal pain, fibromyalgia, chronic widespread pain). CMP is the major cause of pain and disability in Western society, affecting up to 20% of adults, and is predicted to **increase by >50% by 2050.**

HOW CAN EXERCISE HELP?

Evidence suggests that exercise can improve pain, disability, and function in patients by improving mobility. Exercise-induced improvements in pain and disability are not related to changes in muscular fitness (e.g. strength, endurance, range of motion). Exercise improves psychological status and conditions (e.g. increased pain self-efficacy and reduction in fear and anxiety).

EXERCISE RECOMMENDATIONS:

Emerging research demonstrates the benefits of low to moderate intensity aerobic exercise and resistance (weight training). Recommended activities are outlined below and all are available at selected Club Active facilities.

YOGA



HYDROTHERAPY



PILATES



TAI CHI



HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists. **We offer tailored exercise programs designed for your specific needs to improve your mobility and reduce chronic pain. We also offer group fitness services such as yoga, pilates, tai chi, and hydrotherapy services at selected clubs.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.

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