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Patients dealing with chronic or complex pain are often labeled as difficult or non-compliant. As therapists, we know the importance of exercise for all patients, including our patients in pain. It can feel frustrating or even demoralizing when, despite our best efforts to educate, our patients do not follow through with our exercise plan. In this class, we will discuss the challenges we face in implementing exercise with our patients in pain, the neuroscience behind the patient experience and new strategies for successfully integrating exercise in the care of patients with complex pain.

Objectives:

- 1 – Explain why exercise is important for people with chronic pain
- 2 – Identify common barriers to exercise for people with chronic pain
- 3 – Describe the neuroscience behind why these barriers exist
- 4 – Identify strategies for implementing safe and effective exercise programs

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