

EXERCISE - the cheapest proven analgesia

The evidence is in! Exercise activates endogenous (*produced from within the body*) analgesia (*pain relief*) in healthy individuals. These effects have also been shown in people with low back pain, rheumatoid arthritis and osteoarthritis. Research has shown generalised increased pain tolerance during and after aerobic and resisted muscle exercise. The biology has not been fully researched as yet but it is thought that exercise results in analgesia by releasing endogenous opioids and activation of supra spinal nociceptive inhibitory mechanisms (*chemical ways of stopping stimulation of nerve cells to produce pain sensation*) by the brain.



In research on shoulder muscular pain this effect was not found when exercising the painful shoulder muscle but it occurred when exercising other non-painful shoulder and body muscles. **So if you have a very sensitive body part that puts you off exercise, ask us if we can suggest a general safe form of exercise that will exercise other parts of your body to get the analgesia needed!**

Moderate aerobic exercise has been shown to be analgesic during and for up to half an hour after the exercise. Resistive exercise was for less time after the exercise.

We know all the other benefits of exercise:-



- Muscle strength and better function
- Heart, lungs, cholesterol and blood pressure benefits
- Reduce stress
- Wards off anxiety and feelings of depression

Boost self-esteem

Improve the duration and quality of sleep



And now we know about free analgesia! Exercise - what a bargain!

If you'd like to read the research this article is based on, contact the office for a copy or follow the link http://www.baysidephysio.net.au/_literature_178604/Article_-_Dysfunctional_Endogenous_Analgesia_during_exercise