



EXPT3152

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Exercise & MSK Pain

Welcome to your first tutorial for EXPT3152.

TASK

This tutorial will be a class debate structure. You will be split into two groups – one arguing for the role of exercise in the rehabilitation of chronic pain, one arguing that exercise does not matter.

To complete this tutorial, you will need to have familiarised yourself with the week 1 resources.

Your group will be given 20mins to prepare your arguments. You will have 10mins to present your groups argument. Then the other group will have 10mins (order will be decided by flipping a coin). Each group will then have 5mins for rebuttals.

PURPOSE

Management for chronic MSK pain is ubiquitously moving towards active management, with traditionally passive professions now incorporating exercise into their treatment (often as the main modality). However, the research around exercise for the management of chronic pain shows similar effect sizes to other modes such as manual therapy and CBT. Furthermore, there has not been any consistent emergence of a superior mode of exercise, leading many practitioners and researchers to approach exercise modality in chronic pain management as a nebulous construct.

These arguments are something you will encounter often in your career as an EP. Often, patient presentations include pain as a co-morbidity, so, even if you are not predominately focusing on chronic pain (which some of you might), you will all have a heavy focus on this area. In order to understand these arguments and form your own insights within them. Moreover, this will hopefully become a key consideration to how you explain the role of exercise to people you are working with, which does not rely on a reductionist/biomedical narrative (refer to the week 1 resources to expand on this).