

SUPER 6 EXERCISE PROGRAM FOR PEOPLE LIVING WITH PERSISTENT PAIN

A HOW-TO PROGRAM FOR CHANGING YOUR RELATIONSHIP WITH EXERCISE 2018 SCHEDULE

- 2 hour exercise session every **Tuesday from 1:30 to 3:30 PM** for 6 weeks
- Sessions will include instruction-theory and practice

SESSION 1

Explain Pain and Benefits of Exercising- Brief description of the chronic pain cycle and how exercise/movement can assist the management of pain symptoms in a safe manner.

Goal Setting – Setting short and long-term goals is an important strategy to restoration of function. This session will assist you in how to structure goals using the SMART (Specific, Measurable, Attainable, Realistic, Time) principles.

SESSION 2

Pacing Strategies- Various pacing strategies will be discussed to assist individuals in achieving progressive results in managing pain symptoms.

Breathing – Utilized as a relaxation technique to manage pain. Instruction will be provided on proper breathing mechanics to assist the body to work more efficiently.

SESSION 3

Stretching and Soft Tissue Healing – This session will focus on the importance of stretching. Stretching can promote the release of physical tension and stress and result in less pain and discomfort. This session will review a few common theories for stretching and assist you in developing a home stretching program.

SESSION 4

Posture and Stabilization- This session will address the need for good posture and the effects postures has on the body's musculature, general function and pain management. Focus on the muscles of the upper back will be concentrated upon and exercises given to assist with the maintenance of good posture will be provided.

SESSION 5

Strengthening and Core – This session will focus on various forms of strengthening exercises (isometric, eccentric and concentric) and how to apply these techniques at home with low technology. Specific detail on the core muscles will be addressed and exercises will be provided and discussed.

SESSION 6

Cardiovascular Training and Blood Pressure– This session will review the importance of exercise and pain management from a cardiovascular perspective. The session will include several examples

of cardiovascular training to employ and modify for various impairing health conditions, including chronic pain.

Sessions are available:

January 23 –March 6 2018

1:30 PM to 3:30 PM

Registration opens: December 19 2017

April 24 - June 5 2018

1:30 PM to 3:30 PM

Registration opens: March 27 2018

September 25 - November 6 2018

1:30 PM to 3:30 PM

Registration opens August 28 2018

Call to register at:

250-331-8502

No messages before 9 AM

PARTICIPATION REQUIRES THE FOLLOWING:

1. **Have a primary care nurse at the Nursing Center**
2. Be able to walk at least 5 minutes
3. Not have progressive or significant neurological impairments (strokes, multiple sclerosis, Parkinson's Disease
4. Not have aggressive, active joint disease (rheumatoid arthritis in an active flare up, Ankylosing Spondylitis)