

Mayo Clinic Medical Edge

Chronic Pain & Exercise

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHEN CHRONIC PAIN MAKES EVEN EVERYDAY ACTIVITIES A CHORE, A WORKOUT MAY BE THE FURTHEST THING FROM YOUR MIND. BUT...
Michael Hooten, M.D.	"OUR BODIES LIKE TO EXERCISE. OUR BODIES DO NOT LIKE TO BECOME IMMOBILE OR DE-CONDITIONED. "
	DR. MICHAEL HOOTEN, A PAIN SPECIALIST AT MAYO CLINIC SAYS AEROBIC AND STRENGTH RECONDITIONING ACTUALLY LEADS TO REDUCTION IN PAIN

	<p>INTENSITY. IT'S LIKE THE SO-CALLED "RUNNER'S HIGH",</p>
<p>Dr. Hooten</p>	<p>"REGULAR ACTIVE AEROBIC EXERCISE ACTUALLY FACILITATES THE PRODUCTION OF OPIOID-LIKE PROTEINS. BY EXERCISING WE ARE FACILITATING OUR OWN NATURAL PROCESS OF POSSIBLY TRYING TO ATTENUATE OR REDUCE PAIN."</p>
	<p>BUT IT'S NOT SOMETHING YOU WANT TO JUST JUMP INTO. DR. HOOTEN SUGGESTS WORKING WITH A PHYSICAL THERAPIST WHO IS FAMILIAR WITH CHRONIC PAIN. AND TOGETHER, TAILORING A PROGRAM THAT GRADUALLY INCREASES YOUR DAILY ACTIVITY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>