In this webinar, Ben discuss:

* How exercise influences pain
* Keeping healthcare more patient-centered with exercise optionality
* How to communicate pain science both verbally and experientially
* The Five A’s of Exercise Adherence
* And so much more!

People seek out healthcare providers because, “People are always looking for a rational or an answer to their problem.” The research evidence doesn’t support biomechanical explanations of pain, however with pain science, Ben finds, “We can give people a rationale, we can give them an answer but it doesn’t have to be a definitive answer that says it’s this or it’s that.”

Chronic pain can lead to a feeling of helplessness, but by better explaining what pain is and promoting activity therapists can convey to patients that, “The body is always changing according to what we do which is in a way empowering for people because they are gaining control of that change.” Ben reveals that for successful pain management, “It’s the process, not the destination.”

Exercise prescription is a powerful tool for pain management. The current evidence suggests, “The specifics really don’t matter that much but actually doing it does.” As a provider, Ben has found his role has evolved in that, “It’s much more about facilitating people to do things themselves.” In summary, Ben stresses, “Pain science is understanding people. Movement and exercise are basic tenants of being a human being.”