

# Physical Activity - Chronic Pain

**Physical activity can be an effective means to manage chronic pain effectively.**

Evidence shows that physical activity can

- Reduce pain, stiffness and fatigue
- Improve quality of life, function and mental and general health

## Choosing the right activity

Dumfries and Galloway Active Live Pathway provides a tiered approach to community based physical activity programmes, that all Health and Social Care professionals can refer into.

The Active Lives Pathway is based and aligns with the five tiered approach to physical activity interventions set-out in the national Physical Activity Referral Standards.

Health and Social Care professionals in Dumfries and Galloway can refer into three tiers of the Active Lives Pathway (Tiers 2-4) and signpost to activities in Tier 5 using the local [DG Doing More website](#).

There are a range of programmes available to support people living with chronic pain. Information on the various types and levels of programmes is detailed in the table below to help you signpost effectively to an activity that best meets your patient's needs and motivations.



TIER		Referral	Organisation and Service	Level of Patient Support	Condition Management	Programmes	Intensity Guide*	Availability	
5	<b>Community Wide Activities</b> People who are physically active	Signpost	Various	None	Self-management by patient	Various	Various	<a href="https://dgdoingmore.co.uk/where-to-do-more/">https://dgdoingmore.co.uk/where-to-do-more/</a>	
4	<b>Active Communities General Programmes</b> People who are physically inactive	Signpost/Referral	DGC - Active Communities	Low	Self-management by patient	<ul style="list-style-type: none"> <li>• Aerobics</li> <li>• Community Activators Easiobics</li> <li>• Healthwalks</li> <li>• Stroll in the Park</li> </ul>	Low - Moderate	<a href="https://dgdoingmore.co.uk/active-communities/">https://dgdoingmore.co.uk/active-communities/</a>	
3	<b>Active Communities Specialist Programmes</b> People who are physically inactive with or at risk of a health condition(s)	Referral	DGC - Active Communities	Low	Self-management by patient	<ul style="list-style-type: none"> <li>• Bridging Plus</li> <li>• Healthwalks</li> <li>• Move More including Gentle Movement</li> <li>• Strength and balance</li> </ul>	Low-Moderate Tailored to Need	<a href="https://dgdoingmore.co.uk/active-communities/">https://dgdoingmore.co.uk/active-communities/</a>	
2	<b>Physical Activity Referral</b> People who are physically inactive with or at risk of a health condition(s)	Referral	DGC - Active Communities	High	Supported programme with explicit health behaviour change component	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Swim</li> <li>• Fitness Classes</li> </ul>	Tailored to Need	Dumfries	
1	<b>Clinical Pathway</b> Exercise rehabilitation (unstable/unmanaged conditions)								

\* Intensity Guide. **Low** = comfortable, speech is possible      **Moderate** = speech possible, talking a few extra breaths between sentences

## Examples of activities on offer for people living with chronic pain

PROGRAMME	INTENSITY - GUIDE	DESCRIPTION
<b>Community Activators</b>	<b>Low</b>	Social classes with low mobility activities including seated exercise, games and quizzes.
<b>Strength and Balance</b>	<b>Low</b>	Classes designed to support people unsteady on their feet, who are worried about falling or have had a fall.
<b>Easiobics</b>	<b>Low to Moderate</b> (tailored to need)	A light exercise to music class which focuses on movement, strength, toning and general increased physical activity
<b>Health Walks</b>	<b>Low to Moderate</b> (tailored to need)	Weekly walks that are easy, sociable and good fun, with a volunteer walk leader on hand to encourage participants to go at a pace they are comfortable with.

**Low** = comfortable, speech is possible

**Moderate** = speech possible, talking a few extra breaths between sentences

## How to Refer There are two referral routes.

1 ▼

People who are motivated and ready to start a physical activity programme should be referred directly to the Active Lives Pathway.

[Click here](#) to download the referral form for all Tiers or scan the QR Code



All referrals to the Active Lives Pathway should be emailed to [Active.Communities@dumgal.gov.uk](mailto:Active.Communities@dumgal.gov.uk)

A member of the Active Communities Team will then contact the referred person to book them in. We will also contact the referring service to confirm the referral is being followed up.

2 ▼

People who require further support before starting a physical activity programme can be referred to a Community Link Worker.

Community Link Workers understand that people may have wider non-medical concerns that are having an impact on their health and wellbeing and capacity to make changes; for example; caring responsibilities, worries about the cost of living or feeling isolated.

Community Link Workers work directly with people, to help them navigate and connect with the people, places and resources in the community that may support their wider concerns.

## For More Information

For more information on the Active Lives Pathway please email [Active.Communities@dumgal.gov.uk](mailto:Active.Communities@dumgal.gov.uk) or visit [DG Doing More](#)

For example:

- Local activities and social groups
- Self-help and support groups
- Money and benefit advice, debt management and budgeting
- Care services and carers support groups

Community Link Worker support is open to anyone over the age of 16

Referrals for Community Link Worker support can be accepted through Home Teams using the SCI Gateway pathway or people can self-refer through the Single Access Point

**tel 030 33 33 3001**