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Factors that impact adherence to physical exercise in individuals with chronic pain

Abstract:

Chronic pain is defined as persistent pain for more than three months and can be classified as primary with no known etiology, or secondary pertinent to a pathological process and specific clinical diagnosis. In previous studies, we observed that it directly impacts cardiac rehabilitation, and adherence to physical exercise, significantly increasing disability and mortality in the population. We also observed that individuals with chronic pain present patterns of changes in motor control and kinesiophobia, with chronic low back pain and knee osteoarthritis being the most frequent causes of disability, directly impacting adherence to physical exercise. Despite the high relevance of studies that address the topic of motor control, its understanding in clinical practice still appears to be unclear. Experienced authors recently published a model for evaluating and optimizing motor control for individuals with chronic pain, demonstrating a variety of neurofunctional and musculoskeletal changes, which should be considered when inserting rehabilitation protocols for these individuals. The literature is abundant in studies that seek to understand which are the best exercises for treating Pain, but inconsistent as to which modality is best, which is why we seek to understand and first define what are the factors that impact these individuals' adherence to exercise.

Biography

Pt. Joao Rafael Rocha da Silva, has been a clinical physiotherapist for over 15 years, with a postgraduate degree in rehabilitation applied to sport from the Department of Orthopedics and Traumatology at the Escola Paulista de Medicina CETE- UNIFESP, also having a postgraduate degree in Improvement in assessment and interdisciplinary treatment in Pain at the Hospital das Clínicas of the Faculty of Medicine of the University of São Paulo HC-FMUSP. He recently published five studies related to the treatment of Pain, which were presented at more than five international conferences and congresses. Scientific reviewer for international journals.