



Gentle Movement Resources

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*The information provided is educational only. It is not meant to take the place of your health care provider; you should always consult with your practitioner about your unique health situation. The U.S. Pain Foundation does not recommend or endorse any one therapy, treatment, or product.**

1. Well + Good: [Gentle Movement is Trending – Because Fitness is More Than Just Streaks ...](#)
2. US Pain Foundation: [Finding Balance Between Exercise and Rest with Chronic Pain](#)
3. Northern Pain Centre: [12 Quick Tips for Moving More](#)
4. Mayo Clinic: [Exercise Helps Ease Arthritis Pain and Stiffness](#)
5. Harvard Health: [5 Ways to Ease Pain Using the Mind-Body Connection](#)
6. Northern Pain Centre: [Chronic Pain and Movement](#)
7. Harvard Health: [Tai Chi and Chronic Pain](#)
8. Utah State University: [Exercise and Chronic Pain](#)
9. Keck School of Medicine USC: [Does Qiong Help with Chronic Pain?](#)
10. Pathways Health: [Dance Movement Therapy \(DMT\) and Chronic Pain](#)
11. US Pain Foundation YouTube, Building Your Toolbox: [Chair Yoga/ Gentle Movement](#)
12. US Pain Foundation YouTube, Building Your Toolbox: [Developing a Wellness Morning Routine](#)
13. Arthritis Foundation: [Movement is the Best Medicine for Osteoarthritis](#)
14. US Pain Foundation YouTube: [Guided Meditation Playlist](#)