

Movement and Exercise 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. Creaky Joints: [19 Things to Tell Yourself When You Have No Energy to Exercise Because of Fatigue from Chronic Illness](#)
2. Mayo Clinic: [Exercise Helps Ease Arthritis Pain and Stiffness](#)
3. US Pain Foundation: [Finding Balance Between Exercise and Rest with Chronic Pain](#)
4. Northern Pain Centre: [12 Quick Tips for Moving More](#)
5. Mayo Clinic: Exercise: [7 Benefits of Regular Physical Activity](#)
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](#)
13. US Pain Foundation YouTube: [Building Your Toolbox: Qi Gong: A Self-management Strategy for Managing Pain](#)
14. Arthritis Foundation: [Movement is the Best Medicine for Osteoarthritis](#)
15. US Pain Foundation YouTube: [Mindful Meditations](#)