

Pain Diagnostics and
Interventional Care

301 Ohio River Blvd
Sewickley, PA 15143
Phone Number: 412-221-7640



Pain Diagnostics
& Interventional Care

In this issue

Through a review of research, we describe our current knowledge on the topic of physical well-being affecting pain management.

**Effects of Exercise and
Nutrition on Pain
Management**



Dr. Provenzano recently attended the American Society of Regional Anesthesia (ASRA) 44th annual meeting!

Pictured above is Dr. Provenzano along with the ASRA board members and keynote speaker, U.S. Surgeon General Jerome Adams, MD

Physical Well-Being Affects Pain Levels

A healthy diet and regular exercise are critical for our overall well-being. More specifically, medical professionals are beginning to realize how diet and exercise can benefit patients suffering from chronic pain conditions. Although the typical response to pain is to decrease activity, resting for an

extended period of time may actually undermine healing and worsen pain. Regular exercise along with maintaining a healthy diet and body composition not only prevents the onset of spinal pathologies, but also impacts the perception of pain.

Running and Walking Benefit Spinal Health

Strengthen your spine with regular cardio activity. A recent study demonstrated that running is associated with healthier intervertebral disc (IVD) composition. IVDs are cushions between adjacent vertebrae that serve as the spine's shock absorb system. Long distance runners and joggers have significantly more hydrated lumbar IVDs and contain more glycosaminoglycan, a major component of discs that promotes the retention of moisture. This suggests that regular exercise evokes a protective response against spinal degeneration (1).

Another study assessed the effect of intermittent walking breaks on low back pain. In this study, participants took a 5-minute walking break every 25 minutes within a two-hour period. 73% of these participants reported reduced low back pain with regular walking breaks. Additionally,



walking helped promote lumbar flexibility and mobility (2).

If running or walking isn't for you, many individuals who suffer from back pain enjoy a water workout rather than a normal land routine. Aqua-therapy has many benefits, including increasing blood supply to sore muscles and joints. Plus, being in water allows you to perform range of motion exercises that would be limited on land (3). No matter the exercise you choose, regular activity can help prevent and conquer pain.

