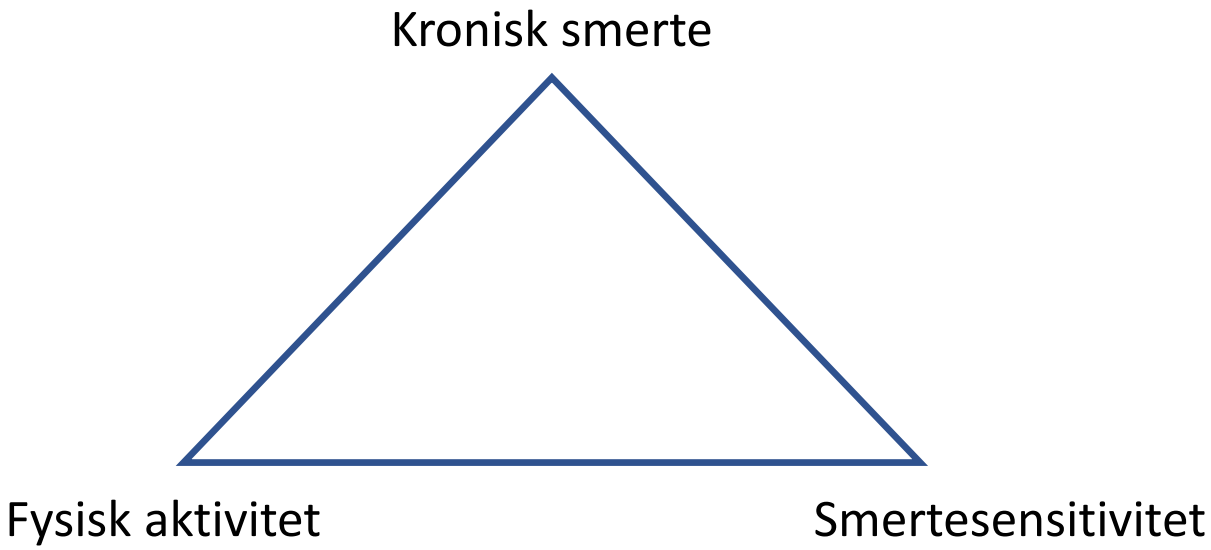
Relationships between physical activity and chronic pain: The role of endogenous pain inhibition and pain sensitivity


Kronisk smerte
Fysisk aktivitet
Smertesensitivitet

DATAINNSAMLING

Tromsøundersøkelsen: T6 & T7 (2007-08, 2015-16)

- Spørreskjemadata
- Kliniske undersøkelser

SPØRRESKJEMA: FYSISK AKTIVITET

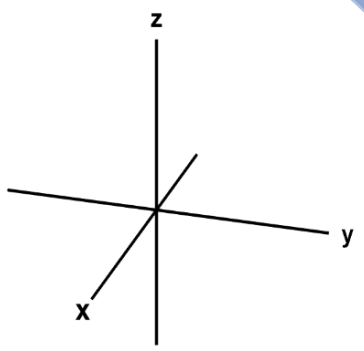
- I alle undersøkelser
- Saltin-Grimby:

Variabel PHYS_ACTIVITY_LEISURE_T7: Describe your exercise and physical exertion in leisure time over the last year. If your activity varies throughout the year, give an average.

Verdier	Kategorier	N	
1	Reading, watching TV/screen or other sedentary activity?	2972	14,6%
2	Walking, cycling, or other forms of exercise at least 4 hours a week? (including walking or cycling to place of work, Sunday-walking, etc.)	11815	58,0%
3	Participation in recreational sports, heavy gardening, snow shoveling etc at least 4 hours a week.	4951	24,3%
4	Participation in hard training or sports competitions, regularly several times a week?	632	3,1%

AKSELEROMETRI:

- T7 ->
- N=6,125
- Validert:
  - Aktivitetstype
  - Energiforbruk

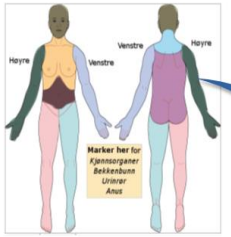


KLINISK SMERTE:

Variabelgruppe FOLLOW-UP QUESTIONS PERSISTENT PAIN = 3 MONTHS - Q2

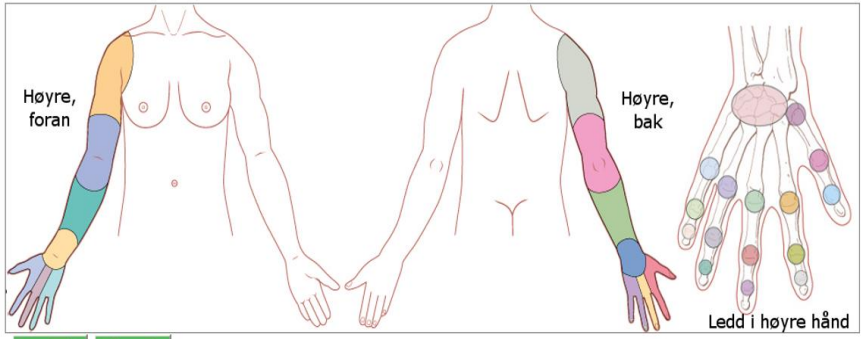
- How long have you had this pain: Years
- How long have you had this pain: Months
- How often do you have this pain?
- Where does it hurt: Head / face
- Where does it hurt: Jaw / temporomandibular joint
- Where does it hurt: Neck
- Where does it hurt: Back
- Where does it hurt: Shoulder
- Where does it hurt: Arm / elbow
- Where does it hurt: Hand
- Where does it hurt: Hip
- Where does it hurt: Thigh / knee / lower leg
- Where does it hurt: Ankle / foot
- Where does it hurt: Chest / breasts
- Where does it hurt: Stomach

T6 T7



Pain ratings:
- Onset
- Episode frequency
- Episode duration
- Intensity
- Discomfort
- Superficial vs deep

...and e.g.,
- Fatigue
- Sleep problems



Merk alt Fjern alt

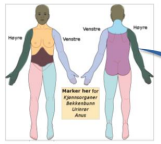
Forrige Neste

Graphical Index of Pain (GRIP; Steíngrímsdottír)

KVANTITATIV SENSORISK TESTING:

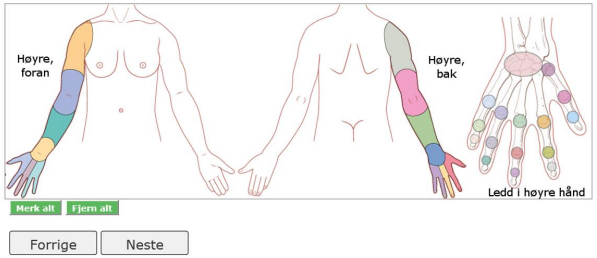
T6 & T7

- Flere Parametre
- Flere modaliteter

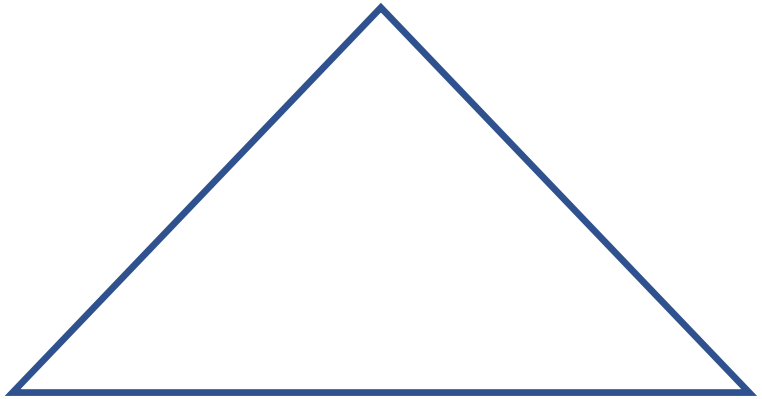


Pain ratings:
- Onset
- Episode frequency
- Episode duration
- Intensity
- Discomfort
- Superficial vs deep

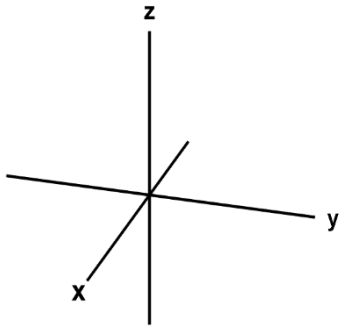
...and e.g.,
- Fatigue
- Sleep problems



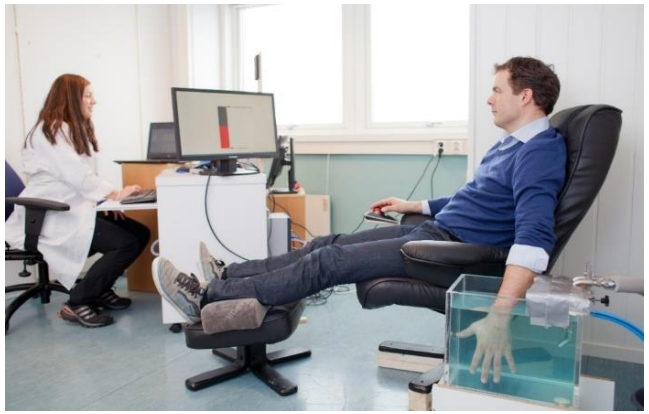
Kronisk smerte



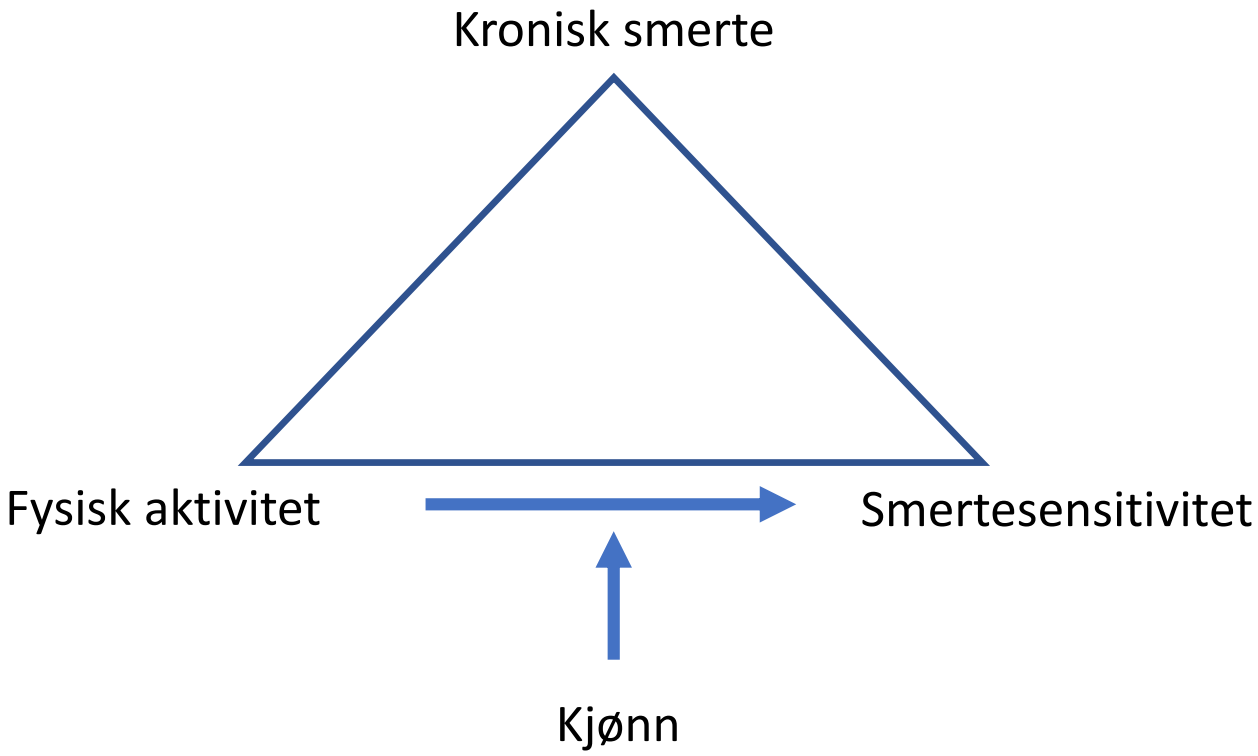
Fysisk aktivitet



Smertesensitivitet



1



ARTIKKEL 1

Pain Tolerance Varies With Levels of Physical Activity: A population study – the 6th & 7th Tromsø study (2007-08, 2015-16)

SELVRAPPORTERT

JA

Fysi

tivitet

1

AKSELEROMETRI

NEI

metri

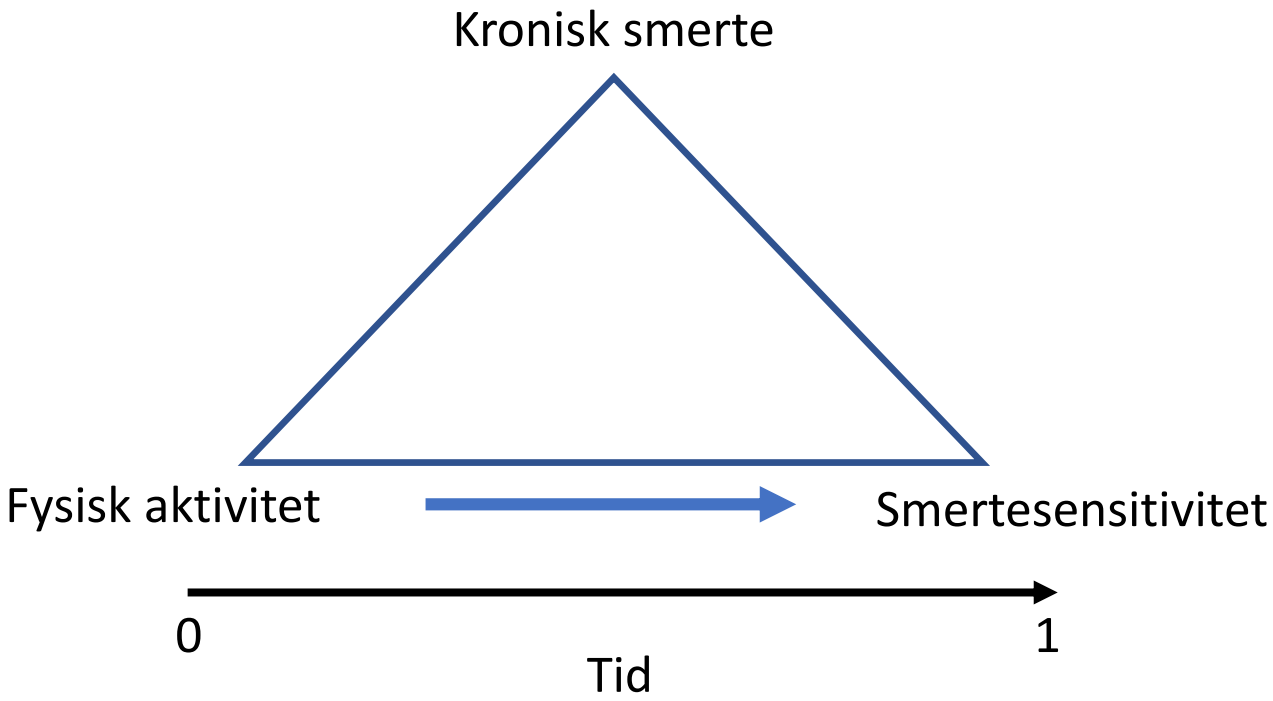
1

BIAS

VS.

DIMENSJON

2



ARTIKKEL 2

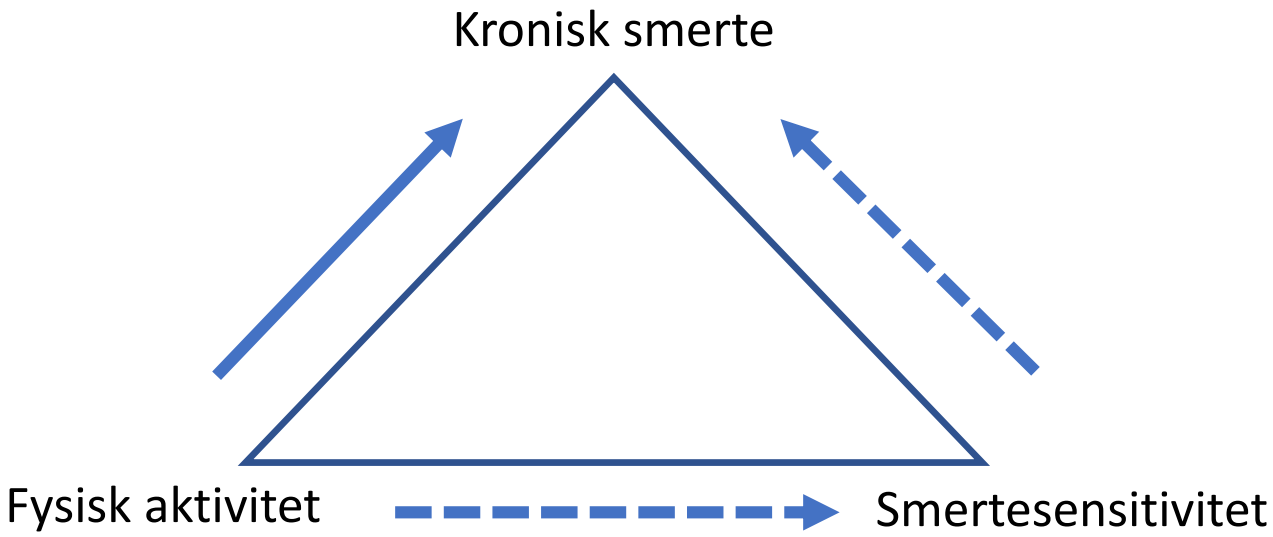
The longitudinal effect of habitual physical activity on pain tolerance in a population-based cohort – The 6th & 7th Tromsø Study

MER FYSISK AKTIVITET I FRITID → Tid → ↑ **Smertetoleranse**

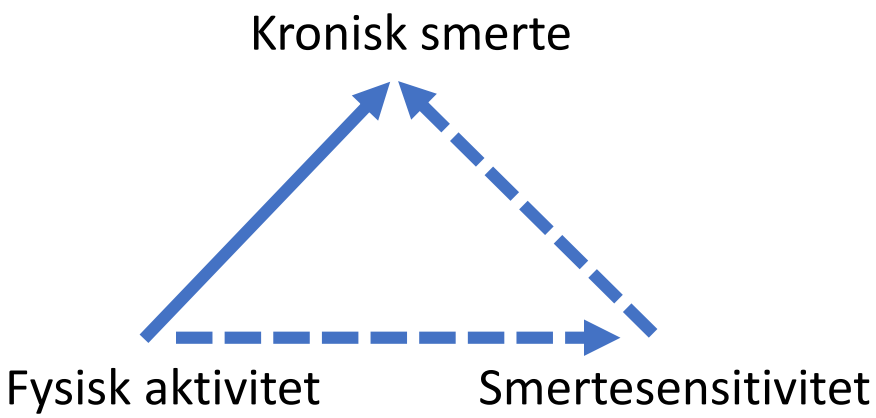
3

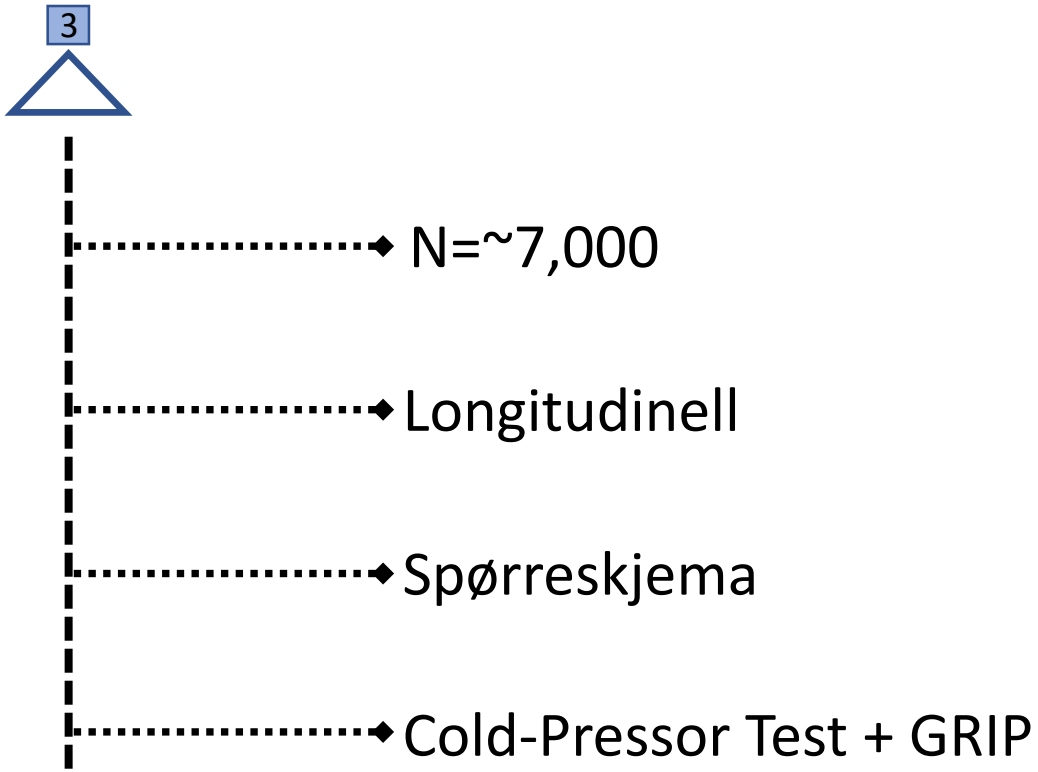
ARTIKKEL 3

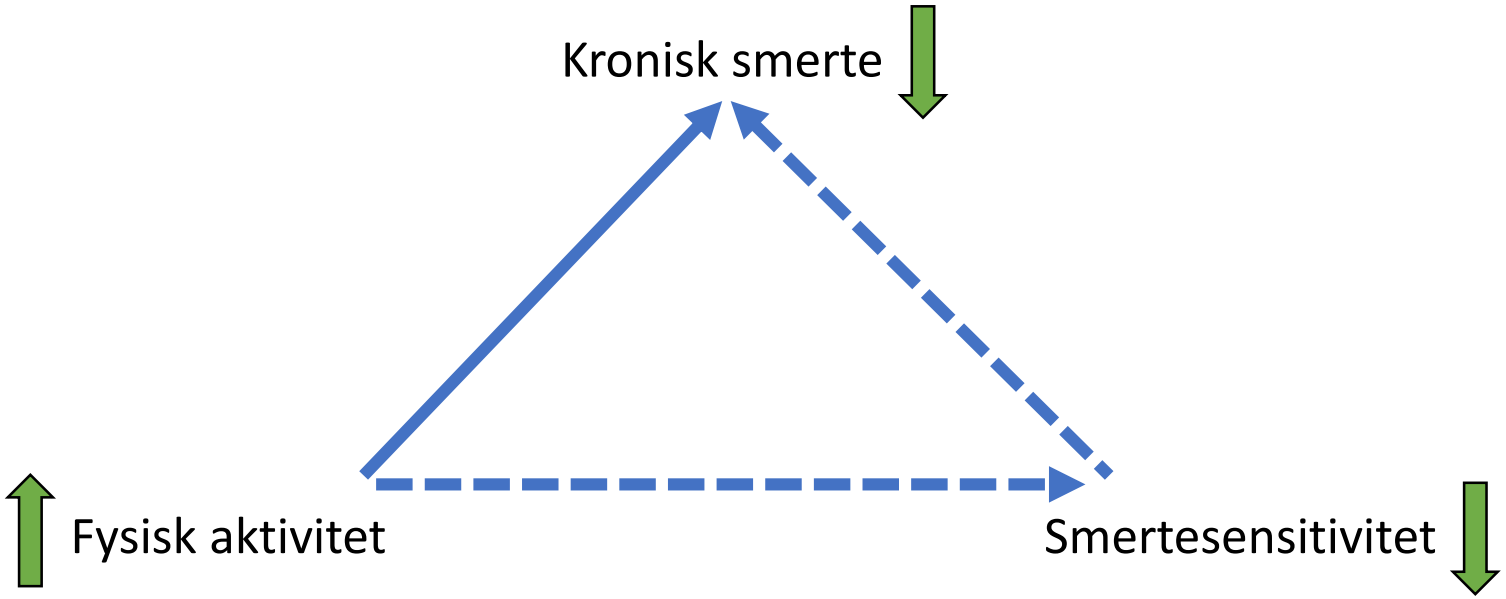
Does pain tolerance mediate the effect of physical activity on chronic pain: a population-based cohort – The Tromsø Study 6 & 7



ARTIKKEL 3


Kronisk smerte
Fysisk aktivitet
Smertesensitivitet


3
N=~7,000
Longitudinell
Spørreskjema
Cold-Pressor Test + GRIP


Kronisk smerte
Fysisk aktivitet
Smertesensitivitet