INTRODUCTION

Background
Physical training is a crucial element in the treatment of patients with chronic pain. However, training centrally sensitized individuals cannot be taken for granted, as they often suffer from exercise induced hyperalgesia. In the past, a variety of studies has examined the effect of exercise on pain. These studies used different modalities: type, intensity and duration of exercise as well as different pain stimulations and measurements.

Objective
Systematically review the scientific evidence regarding the effect of acute exercises on pain perception in chronic pain patients, specifically in Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FM), in comparison with the healthy population.

METHODS

This systematic review is reported following the PRISMA guidelines. “Pubmed” and “Web Of Science” were searched by using multiple keyword combinations regarding the PICO-question:

The influence of acute exercise (I) to pain (O) in patients with chronic pain (P) compared to healthy controls (C).

Only studies evaluating the effect of acute exercise on pain were included.