



JBI Systematic Review Title Registration Form

Once completed, please email to: jbisynthesis@adelaide.edu.au

Title: The influence of physical activity on endogenous pain modulation in older people: A scoping review protocol.

Centre: BEST Bureau d'Echanges des Savoirs pour des praTiques exemplaires de soins, a Joanna Briggs Institute Centre of Excellence, Lausanne, Switzerland

Primary Reviewer

Name: Debora Verbelen

Email address: debora.verbelen@hes-so.ch

Question This scoping review aims to provide a systematic overview of the existing literature on the influence of physical activity on endogenous pain modulation (EPM) using Conditioned Pain Modulation (CPM), with a specific interest in older people with chronic pain.

PCC

Population: People aged 60 years or over.

Concept: Physical activity as an intervention for chronic pain.

Physical activity may relieve pain and seems to have a positive influence on endogenous pain modulation (EPM). We will include physical activity interventions as 'planned, structured, and repetitive bodily movement with the objective of improving or maintaining physical fitness' (25). So, the review will include studies that 1) included physical activity and 2) used conditioned pain modulation (CPM) to assess the (in)efficacy of EPM. All types of physical activity will be analyzed in terms of frequency, duration, intensity, and/or the mode of physical activity that was completed.

Context: Studies in all kinds of care settings will be eligible (acute care, inpatient rehabilitation, outpatient rehabilitation, chronic care) in any country.

Although the term CPM was not introduced before 2010, studies will be included from the year 2000 onwards (2). Before 2010 other terms such as DNIC, counterirritation, and heterotopic noxious counter stimulation were used. To ensure relevance regarding current practice, studies will be limited to the year 2000 and onwards.