

FOR IMMEDIATE RELEASE: PainPathways Magazine Explores *Maintaining Fitness While Managing Your Pain* During Wednesday, May 28th's LIVE Facebook Chat

WINSTON-SALEM, North Carolina – May 21, 2014. *PainPathways*' next online discussion is **Wednesday, May 28 at 8pm ET** and examines the sometimes difficult relationship between exercise and pain.

Jon Yoder, MD, a member of the American Medical Society for Sports Medicine (AMSSM), encourages questions on exercise, pain and how to make movement part of your life. Dr. Yoder will also address preventing and treating sports/exercise injuries.

Board certified in family medicine and specializing in primary care sports medicine, Dr. Yoder is a specialist on staff at Orthopaedic Specialists of the Carolinas.

People with pain, parents, sports enthusiasts, health care providers and caregivers are encouraged to participate in this interactive forum. Questions may be sent in advance to *PainPathways*' Facebook page. Registration is not required, and chat details are available on Facebook.

Topics will include:

- What sports/forms of exercise are best for people with chronic pain
- How to prevent and manage injuries
- When is surgery recommended
- How to get past the pain of movement

This is the third of six chats offered by *PainPathways* in 2014. Caregiving was discussed in March and Fibromyalgia in April. Future topics include managing pain with neuromodulation, and women and pain.

Learn more about the 2014 series, read past transcripts or view *PainPathways* magazine on Facebook or at www.painpathways.org. Subscriptions and current and past digital editions of *PainPathways* are available at www.painpathways.org.

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PainPathways, based in Winston-Salem, North Carolina, is a quarterly print and digital resource for patients, physicians and caregivers who manage acute, chronic or cancer pain. To subscribe for home or office, visit www.painpathways.org or find us on Facebook, Pinterest and LinkedIn.