Special Issue

Pain Chronicity and Relief: From Molecular Basis to Rehabilitation

Message from the Guest Editor

Many studies on animals and humans have demonstrated that physical exercise, especially aerobic exercise, is effective in relieving chronic pain. The phenomenon underlying exercise-induced pain relief is exercise-induced hypoalgesia (EIH), and its effects are well observed in both humans and animals. Studies with laboratory animals suggest that the EIH effect is produced by moderate-intensity running and voluntary running, and modifications in the dorsal horn of the spinal cord, activations of the descending pain suppression system, and the mesocorticolimbic system in the brain may be primary mechanisms in producing the EIH effect. Recent human studies suggest that central sensitization may play important roles in producing EIH effects. A recent, interesting topic in this field is the attempt to explore mechanisms for producing barrier factors to inhibit the EIH effect. The purpose of this Special Issue is to update on cellular and molecular mechanisms that induce the EIH effects, and its barrier factors underlining exercise therapy for chronic pain.

Guest Editor

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