

## **Task 1: Recording and Transcribing**

**Part 1: Link to the video and audio of Jude:** <https://healthtalk.org/chronic-pain/exercise-and-activity-for-chronic-pain>

**Part 2: Transcript of Jude's interview on the page below.**

## **Example Transcript: Physical Activity and Chronic Pain**

**Interviewer:** Can you tell me about how physical activity has helped you to manage your chronic pain?

**Jude:** When I first had the pain I did, I drew back from everything, I wasn't going for walks, I wasn't doing anything, I was feared to lift a teapot, feared to do anything because it was hurting my pain. But when I went to the Pain Association and things like that and doctors appointments and hospital appointments, everybody's said the same thing, 'You should try and do some gentle exercise'.

Now gentle exercise means like, you could even do the Mexican wave, that's a gentle exercise, you can do it with one hand, as long as you're moving, its an exercise.

So when, when you've been in chronic pain for so long and you do tend to, you don't try and do it all in the one day, that would kill you. So yes, you might be apprehensive about doing exercising, but its not the exercising that you think its going to be. Its... You're not going to row down the Clyde, you're not going to run a marathon, all you're going to do is gentle exercise that won't aggravate your pain, but it could help and yes I did.

I still don't do an awful lot of exercising but I do exercises. It's what we call a gentle movement, because it really is just gentle movement, and it's a case of the better you can be at you're gentle movement the better it gets. But you don't rush into it, you can't rush in to it.