

Increasing Your Tolerance for Activity

Remember, tolerance is the time you can complete an activity until you get a noticeable increase in pain, not the maximum time that you are able to do something before taking a break.

1. Choose an activity
2. Complete the activity at least 3 times, stopping when you have a noticeable increase in pain (1-2 points on a 10 point scale) and making note of how much time it took before your pain increased
3. Take the average of these three to find your 'tolerance' for that specific activity
4. $\text{Tolerance} \div 2 = \text{baseline}$
5. Next time you do this activity, take a break or change activities when you reach your 'baseline'
6. Every 3 days to a week, increase your 'baseline' by 10%

Example

- a) Activity : _____
 - b) Estimated Tolerance : _____
 - c) $\text{Tolerance} \div 2 = \text{Baseline}$: _____
 - d) How often do you do this activity? _____
 - e) When would you increase your baseline? _____
 - f) By how much? _____
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