


Activity Basics

Week 2 of 4




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Agenda

- Homework Review
- Increasing Tolerance
- Neutral Posture
- Physical Activity
- Exercises: Strengthening



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Group Discussion: Homework Review

- Review self-monitoring:
 - What did you notice?
 - How do you approach activity
- Review Stretches – contact facilitators if any questions/concerns

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Increasing Tolerance "PACING UP"



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The Goal of Tolerance Building

- Goal: increase function over time
- Slow and steady approach to retrain nervous system
- We recommend a 3-step approach:
 1. Find your current tolerance level
 2. Calculate new baseline or "starting point" to build from
 3. Follow a schedule to slowly increase activity level over time

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Step 1: Find Your Current Tolerance Level

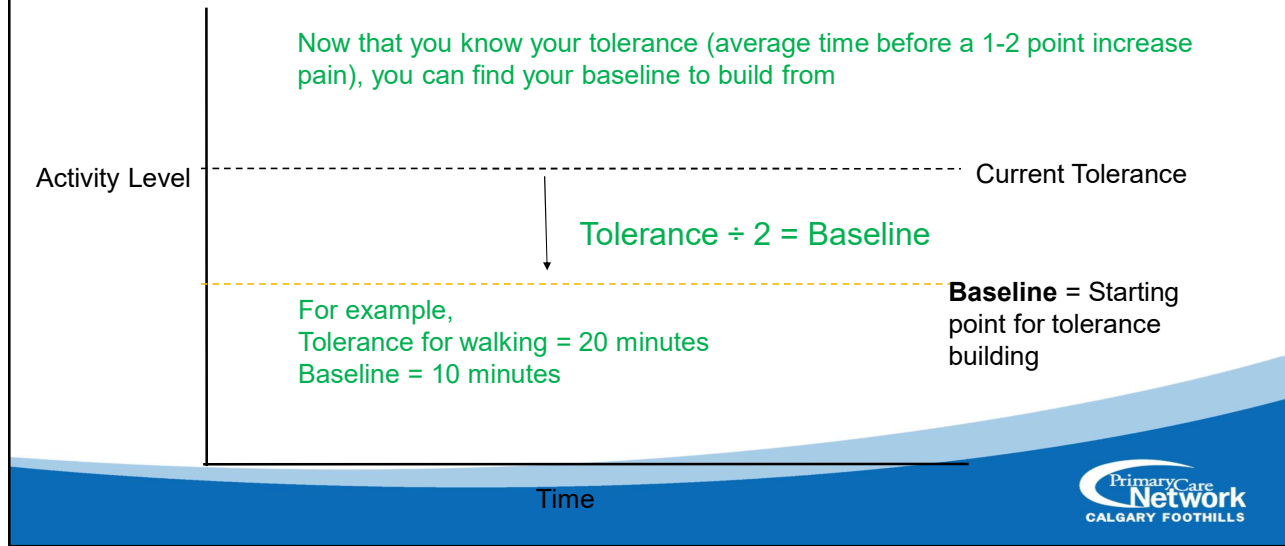
- Choose an activity
- Try the activity 3 times and note how long it takes before you have a noticeable (1-2 point) increase in pain and/or fatigue
- The average time it takes before a noticeable increase in symptoms is your current tolerance for that activity
- Example:
 - Day 1 – Walked for 24 minutes
 - Day 2 – Walked for 16 minutes
 - Day 3 – Walked for 21 minutes

Tolerance = 20 minutes of walking



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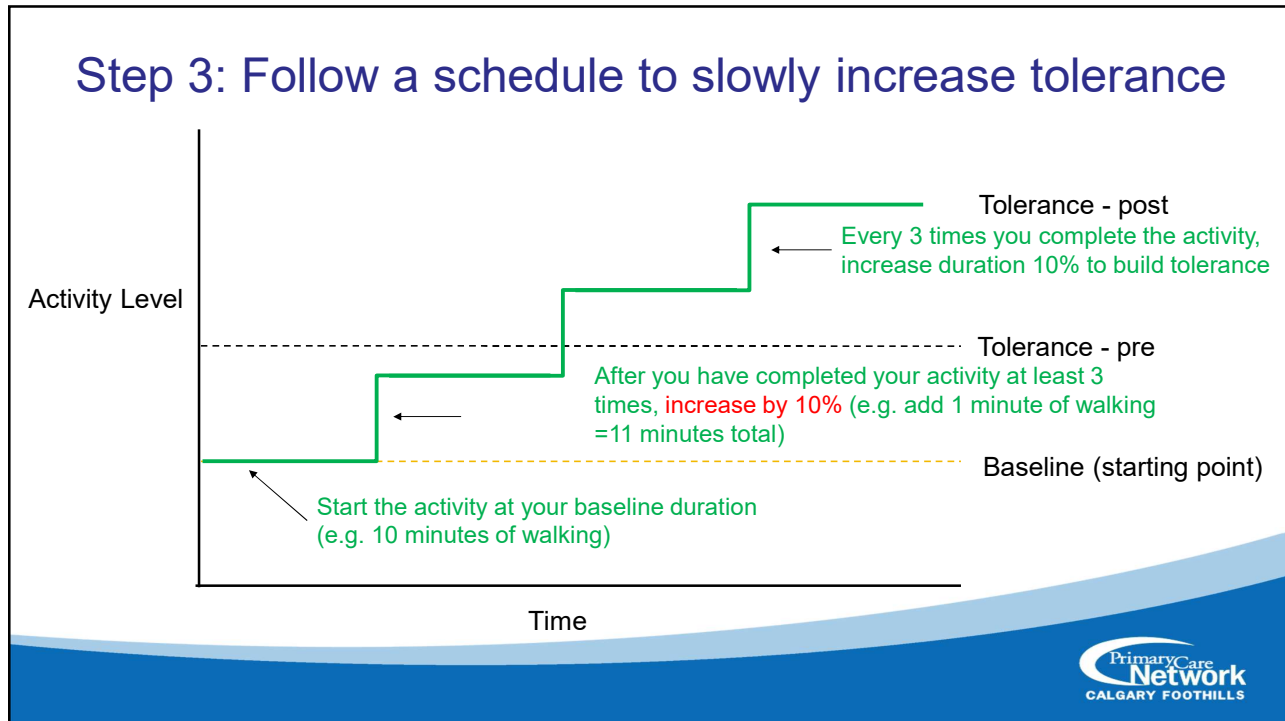
Step 2: Calculate your baseline or "starting point"



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Step 3: Follow a schedule to slowly increase tolerance



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What About Delayed Pain?

- When finding your tolerance, stop the activity when you usually would and measure your pain later in the day/the next morning
- Use the same 1-2 point criteria to decide whether to change the duration of the activity during these tolerance trials
- Calculate your tolerance and baseline as previously explained, using the delayed pain measurements

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Example: Walking Tolerance

- Tolerance \neq Maximum
 - Tolerance = noticeable increase in pain
 - Maximum = you have to stop
- Tolerance $\div 2$ = Baseline
- Progression $\sim 10\%$ / 3 days or week *as able*
- Tolerance level is unique to specific activities and exercises

Example for Walking Tolerance

- “After 30 minutes I have to stop” (30 min = Maximum)
- “When I start walking, my knee pain is 6/10. After 20 minutes, my knee pain is 7/10” (20 min = Tolerance)
- Baseline = 20 minutes $\div 2$ (10 minutes = Starting point)
- Progression
 - Week 1: 10 minutes
 - Week 2: 11 minutes



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Let's Try It

1. Choose an activity to find your current tolerance
2. Divide tolerance by 2 to calculate your new baseline – this is your starting point for tolerance building
3. Every 3 times you complete the activity, add 10%



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Posture



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Posture

- Consider body positioning to optimize functioning
- The body is most efficient when in “Good Posture” or “Neutral Spine”
 - Proper joint alignment
 - Maximized efficiency of muscles and joints
 - Reduced strain on the spine, muscles and ligaments
 - Solid base from which to move

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Neutral Spine

- Neutral spine maintains the natural curves of our spine
 - Cervical
 - Thoracic
 - Lumbar
- Alignment of head, shoulders and hips
- Imagine a string pulling through the top of your head



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Finding Neutral Spine

Head

- Align ears and shoulders
- Nod head forward slightly

Shoulders

- Lift shoulders up and down
- Roll shoulders back and forward
- Rest shoulders at mid-point, allowing chest to open up

Pelvis

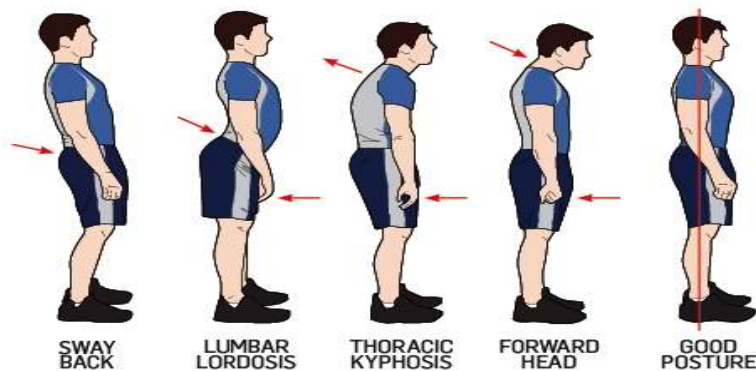
- Tilt pelvis forwards and backwards
- Find mid-point where pelvis is level



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Standing Position



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Group Discussion: How's your Posture?

- Where do you carry tension?
- What posture/position do you spend the most time in?
- What are you doing now to maintain your posture?

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Physical Activity



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Why Move?

- Neutral posture does not use our muscles and joints to their full range of motion
- Stretching and strengthening our muscles maintains or improves functioning in daily activities
- Completing daily tasks will demand less energy



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Physical Activity



- Physical activity
 - Any body movement that results in energy expenditure
 - Daily activities
 - Exercise program: stretching, strengthening, aerobic activities
- Our bodies are built to move
 - Decrease sedentary activities (i.e. Sitting)
 - Increase activity (i.e. Walking)
 - Alternate being sedentary and being active



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Physical Activity and Pain Management

- Stretch and Strengthen Muscles
- Reduce Stress on Joints
- Improve Joint Health
- Improve Mood
- Improve Function
- Manage Weight



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Strength Training

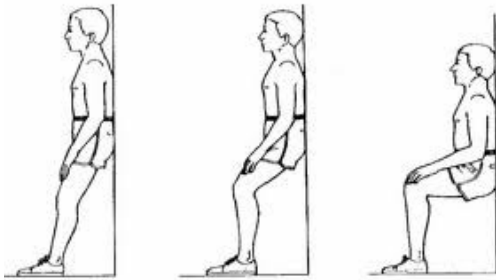
- Strength training works to strengthen the muscles

- Check posture before starting your exercise
- 3x/week, 3-5 reps
Gradually increase 1 rep/week, as tolerated



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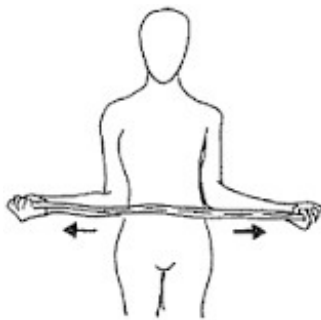
Partial Squats



- Feet shoulder width apart
- Slide back down wall
- Keep knees aligned with ankles

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External Rotation



- Set shoulders (roll back and down)
- Elbows bent at side of the body
- Rotate your hands out, keeping your elbows at your side

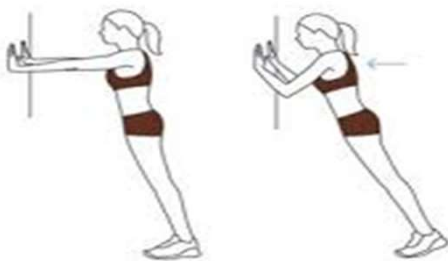
Bicep Curls



- Standing upright
- Set shoulders
- Keep elbow beside body, palm facing up
- Curl arm up, keep elbow beside body

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Wall Pushups



- Standing with neutral spine with feet away from the wall
- Place hands shoulder width apart on the wall
- Press against the wall, pushing yourself away from the wall

Homework

- Choose an activity you want to increase your tolerance for (needs to be specific and not complex)
 - Find your tolerance for this activity
 - Establish the baseline
 - Make a plan to increase your tolerance
- Complete the stretching and strengthening exercises
 - 3x/week, 3-5 reps

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