

# Activity Basics

Week 3 of 4



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## Agenda

- Homework review
- Biomechanics
- Activity Analysis



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## Group Discussion: Homework Review

- Self Monitoring review
  - Neutral spine and posture
- Share the tolerance and baseline for your chosen activity and your plan to increase tolerance level
- Home exercises – discuss any questions/concerns with facilitator



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## Body Mechanics



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## Body Mechanics

- Have a solid base of support: feet shoulder width apart and staggered; standing on a firm surface that covers your full foot area
- Minimize forward bending or reaching; keep your elbows within 4-6" of your torso; use long handled devices
- Minimize twisting through your neck or trunk; position activities directly in front of your body; side step to access items in front of you
- Use larger (vs. smaller) muscle groups because they are stronger and tire less easily

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## Body Mechanics Continued

- Use your arms between shoulder and hip height; stand on a stool for reaches above shoulder level, or squat, kneel or sit on a lower surface for reaches below hip level
- When lifting or carrying, keep the load centered in the middle and close to your body; use surfaces to support the weight of objects and slide them vs. carrying them
- Pushing is safer than pulling, and pulling is safer than lifting; move your full body when pushing or pulling versus using your arms alone

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## Group Discussion: Getting Up/Lying Down

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## Getting Up From Lying Position

- Log roll to side lying position
- Pull hips and knees to 90 degrees
- Slide legs over the edge of the bed while you use your arms to push up to a sitting position

\* Check-in with yourself to make sure you have no dizziness

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## Lying Down From Sitting Position

- Lower your body down to lying position as you pull your legs up onto the bed
- Log roll into a comfortable position

## Demonstration LIFTING AND CARRYING



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## Activity Analysis continued

- After reviewing the demands and your approach to the activity, identify specific aspects that may be contributing to increased pain or fatigue
- Problem solve to modify the activity demands
- Self-monitor impact of modifications on pain/fatigue and overall functioning



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## Group Discussion – Activity Analysis Exercise

### Activity Analysis

Name of activity:  
List of sub-tasks in order done:

	How do I do it now?	How could I modify it?
<b>When do I do it?</b>		
Day, time, frequency, duration		
<b>Physical demands</b>		
Body positioning, reaching, lifting, twisting, etc		



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## Tips & Tricks

- How can you modify an activity to reduce the energy demand?
  - bring a stool into the kitchen when cooking, or sit while folding laundry
  - walk around the living room while on the phone if sitting increases pain
  - check your posture: are you leaning? standing on one foot? twisting and reaching instead of moving your feet?
  - think about pacing as multi-tasking, it's ok to start something without finishing right away, you can go do a different activity and then come back to this one
  - add stretching breaks to self care and housework



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## Homework

- Self-monitor your body mechanics during activities this week. Notice when you are challenged to have a neutral spinal posture.
- Complete an Activity Analysis for one activity



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