

Activity Basics

Week 3 of 4



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Agenda

- Homework review
- Body mechanics
- Activity Analysis



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Group Discussion: Homework Review

- Self Monitoring of Posture
- Tolerance training: share your chosen activity, current tolerance, starting point, and plan to increase
- Home exercises – discuss any questions/concerns with facilitator

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Body Mechanics

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Principles of Body Mechanics

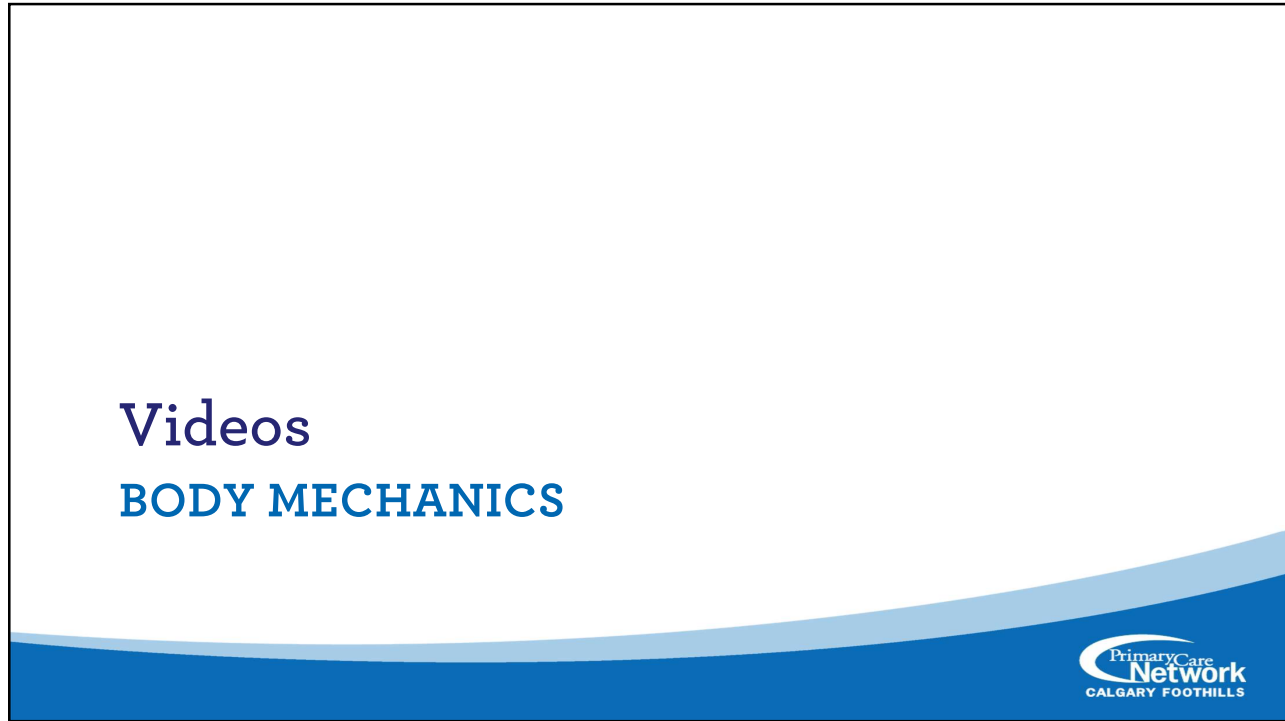
- Solid base of support: feet shoulder width apart and staggered; standing on a firm surface that covers your full foot area
- Minimize forward bending or reaching: keep your elbows within 4-6" of your torso, consider long handled devices
- Use arms between shoulder and hip height: stand on a stool for reaches above shoulder level, or squat, kneel or sit on a lower surface for reaches below hip level
- Minimize twisting through your neck or trunk: position activities directly in front of your body; side step to access items in front of you

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Principles of Body Mechanics Continued

- 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
- Use larger (vs. smaller) muscle groups: stronger and tire less easily
- Engage your full body (versus arms alone): pushing is safer than pulling, and pulling is safer than lifting

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Activity Analysis

- A tool to increase self-awareness and explore activity modifications
- Involves analyzing activity demands:
 - Physical demands
 - Thinking demands
 - Emotional demands
 - Environmental demands (including ergonomic and social demands)

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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 symptoms
- Problem solve to modify the activity demands
- Self-monitor impact of modifications on symptoms and overall functioning


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

Activity Analysis

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


Group Activity ACTIVITY ANALYSIS HANDOUT



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Tips & Tricks

- Easy activity modifications:
 - bring a stool into the kitchen
 - sit while folding laundry
 - walk around while on the phone
 - check your posture and body mechanics
 - give yourself permission to start a task and finish it later
 - add micro-movement breaks



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Homework

- Continue tolerance training: consider attempting your plan to increase and note challenges and motivating factors
- Self-monitor body mechanics during activities
- Complete an Activity Analysis for one activity
- Patient Experience Survey – next week