

Increasing Activity Tolerance

Remember, tolerance is the amount of time you can do an activity until you experience a noticeable increase in pain, not the maximum time that you are able to do something before needing to take a break.

To calculate your current activity tolerance plan, follow these steps:

Week 1

Choose an activity

*Complete the activity at least 3 times. Take a break when you experience a **noticeable** increase in pain (i.e., 1 to 2 point increase on a 10 point scale) and make note of how much time it took before your symptoms increased*

Calculate the average time of the three trials to find your 'tolerance' for the activity

Activity : _____

Trial 1: _____

Trial 2: _____

Trial 3: _____

Estimated Tolerance (Average of 3 trials): _____

Week 2

Calculate the baseline (where you will begin build your tolerance). Divide the tolerance by two to determine the baseline. Next time you do this activity, take a break or change activities once you reach your 'baseline'.

Baseline (Tolerance \div 2): _____

Week 3

Follow a schedule to slowly increase activity level over time. Add 10% of baseline every 3 times you complete the activity.

When will you increase the activity? _____

How much will you increase by (Baseline \div 10) ? _____
