Stretching Exercises

Hamstring Stretch

- Sitting with one leg extended, ankle flexed
- Lean forward at hip (keep neutral spine)

Hip Stretch
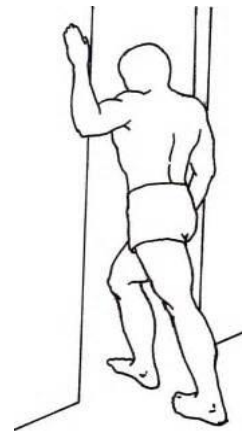
- Sitting position, cross one ankle across your knee
- Sit up tall
- To increase stretch, lean forward slightly at hips

Back Stretch

- Sitting position
- Interlace fingers and reach forward

Chest Stretch

- Rest forearm on wall
- Step forward keeping neutral spine

Self Monitoring Log

FOR THE WEEK OF: March 8th _____

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
8:30AM	😊Sleep Read emails, computer time Pain 4/10	🙁 Sleep Stayed in bed late Pain 8/10	☹️ Sleep Medical appointment Pain 7/10	😐 Sleep Read emails Pain 6/10	😊 Sleep Reading Pain 4/10	Forgot to complete this entry (skipped)	😊 Sleep Late Breakfast Pain 4/10
1:30Pm	Cleaned kitchen Pain 7/10	Skipped lunch TV, reading Pain 8/10	Grocery shopping Pain 8/10	Lunch out with friend Pain 4/10	Skipped lunch Gardening Pain 7/10	Yoga Pain 5/10	Walk Housecleaning Pain 7/10
9:30Pm	Takeout dinner watched TV Pain 7/10	Unloaded dishwasher Pain 9/10	Takeout dinner TV Pain 9/10	Went for walk TV Pain 5/10	Long phone call Did some stretches Pain 6/10	Movie night Pain 6/10	Watch TV Pain 7/10

NOTE:

My goal for this week is to track my pain levels and daily activities

I think my pain symptoms might be related to sleep, so I will pay special attention to this

Self Monitoring Log

FOR THE WEEK OF:_____

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.

NOTE:

Increasing Activity Tolerance

Remember, tolerance is the amount of time you can do an activity <u>until</u> you experience a noticeable increase in pain, <u>not</u> 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 ÷ 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 ÷ 10) ? _____