Activity Basics

Week 1 of 3

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Agenda for Week 1

- Virtual Housekeeping and Icebreaker
- Review of Intro to Chronic Pain
- Rest and Activity
- Stretches
- Approaches to Activity
- Self-monitoring
- Activity Tolerance

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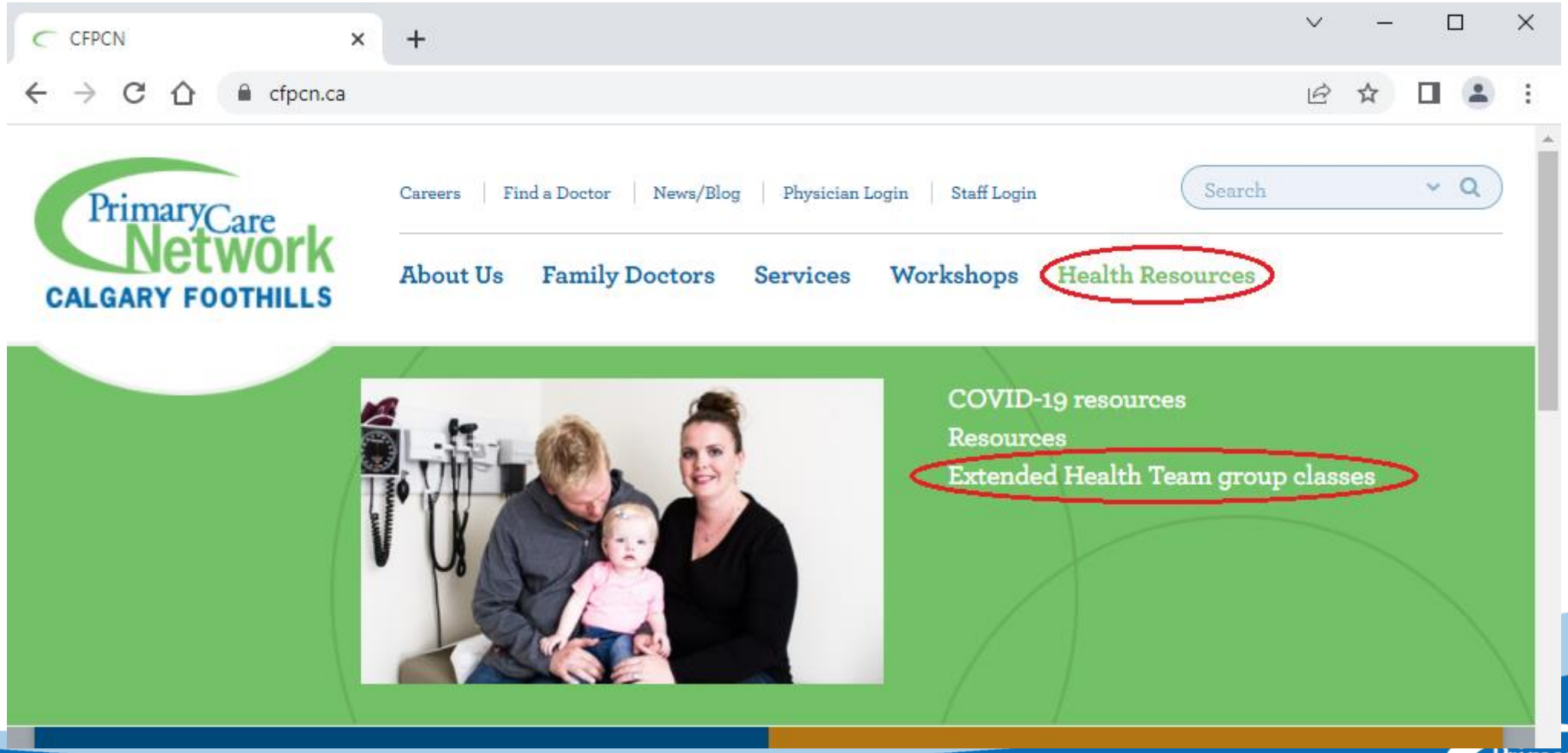
Virtual Housekeeping



Virtual Housekeeping

- Teams Platform: chat, video, mute, same link each week to log on
- Technical issues: Contact EHT reception
  403-374-0244 Ext. 3 EHTgroups@cfpcn.onmicrosoft.com
- Respect, confidentiality, participate, be present/avoid multi-tasking;
  Attendance – 3 weeks, any missed content should be reviewed on our website

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Ice Breaker

Intro to Chronic Pain

REVIEW

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Review of Chronic Pain

- Pain is felt in the body

- The brain determines pain symptoms based on:
  - Sensory information from the body
  - Thoughts, emotions, memories
  - Awareness of the environment

- The degree of pain felt ≠ amount of damage in the body

- The more often the alarm bell rings, the less stimulus needed before the brain determines activity as painful

Physical Self-Management Strategies

Goal of Activity Basics:
Learn strategies to maintain or increase function during daily activities, which result in less pain or fatigue symptoms

- **Posture**
- **Neutral body mechanics**
- Heat/cold
- TENS
- Aerobic exercise
- **Strengthening and stretching exercise**
- **Pacing**
- **Increasing physical tolerances**
- **Ergonomics**
- Taking medication as prescribed
- **Flare-up planning**

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Self-Management Plan

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Rest and Activity

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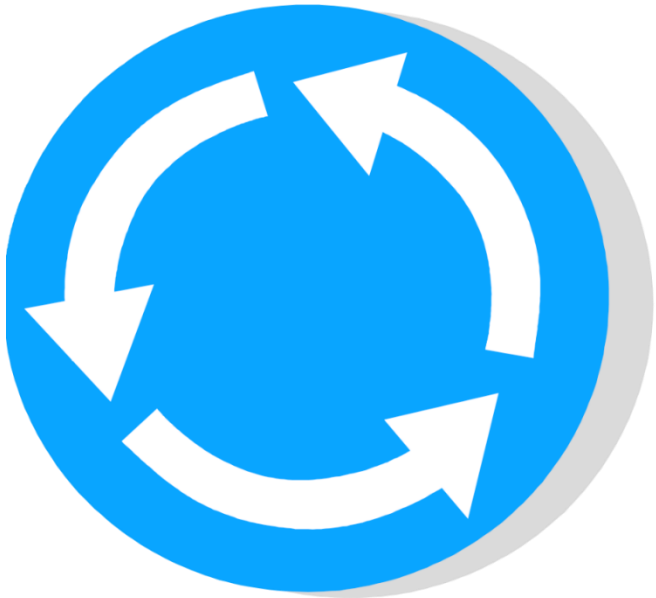
PAIN
FUNCTION

The Cycle Of Inactivity

Pain

Guarding

Anger/Depression/Anxiety



Muscle/Joint Stiffness

Reduced social activities

Reduced mobility

Loss of function

Weakness

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Injury, Pain & Rest

- Rest and Acute Injury
  - Typical response is to stop the activity that causes pain
  - For new injuries, a short period of rest is appropriate

- Rest and Chronic Pain
  - When pain becomes chronic (past the expected time to heal), rest may decrease the pain, but the relief is only temporary
  - Too much rest can lead to the cycle of inactivity

Why Move?

- Stretch and strengthen muscles
- Reduce stress on joints, improve joint health
- Improve mood
- Improve function
- Maintain weight

Physical Activity

- Any body movements that result in energy expenditure
  - Daily activities
  - Exercise programs

Stretches

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Stretching

- Gentle stretching helps to relieve muscle tightness and increase range of motion
- Can be done daily (start with 3X/week and gradually increase)
- Stretch until you feel a gentle pull
- Hold for 5-15 seconds to start, increasing duration as tolerated
- Breathe

Approaches to Activity

'Do It No Matter What' Approach

- Do as much as possible despite the pain
- Stop only when the task is completed
- Push through the pain and fatigue
- "This has to be done"
  "I've always done it this way"

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'Do It No Matter What' and Function

- Pushing through pain rarely leads to improved function
- Overdoing it on good days leads to higher levels of pain on bad days
- Over time there are fewer good days, more bad days, and overall function is lower

The 'Wait Until' Approach

- Rest and wait until pain decreases before attempting an activity
- Avoid activities that cause pain
- "If I do this, it's going to hurt!"
  "What if I cause damage?
  "What's the point?"

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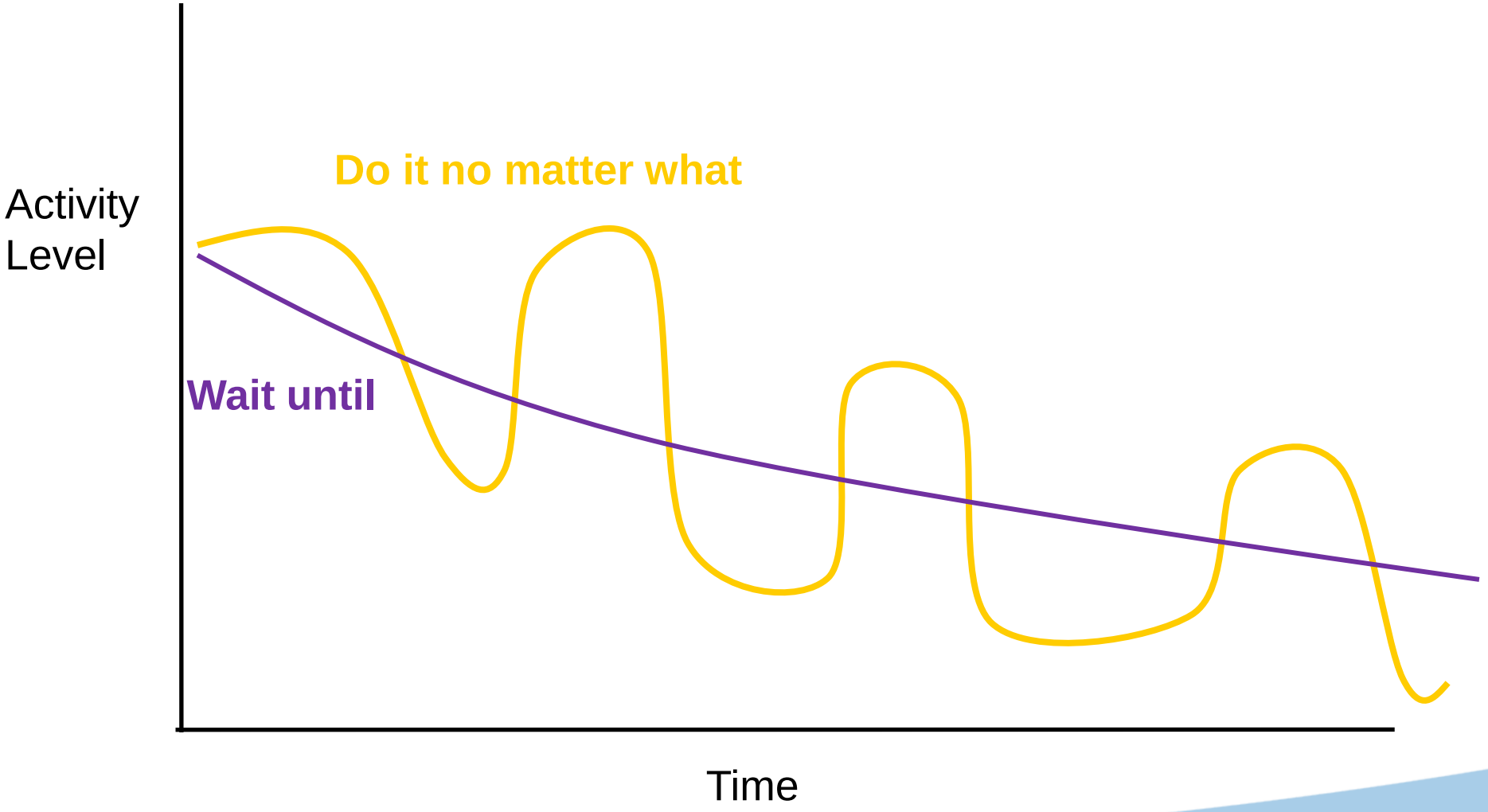
'Wait Until' and Function

- Overly cautious good days → decreased physical conditioning, therefore activity hurts more than before
- Higher levels of pain due to inactivity on bad days
- Over time there are fewer good days, more bad days, and overall functioning is lower

Combination Approach

- 'Wait until' approach towards non-essential or unpleasant activities
- 'Do it no matter what' approach towards essential or priority activities
- Inability to improve overall function and manage pain on a consistent basis

Comparing Approaches



An Alternative Approach: Pacing

• Complete priority tasks more efficiently, without significant increases in pain or fatigue

• Plan activities, rest and self-management strategies to have a consistent energy output from day to day

•Increase tolerances for specific activities over time

Group Discussion:

Which approaches to activity do you use?

How might changing your approach be challenging?

How might Pacing help you manage your pain/fatigue?

Self-Monitoring

Take Back Control

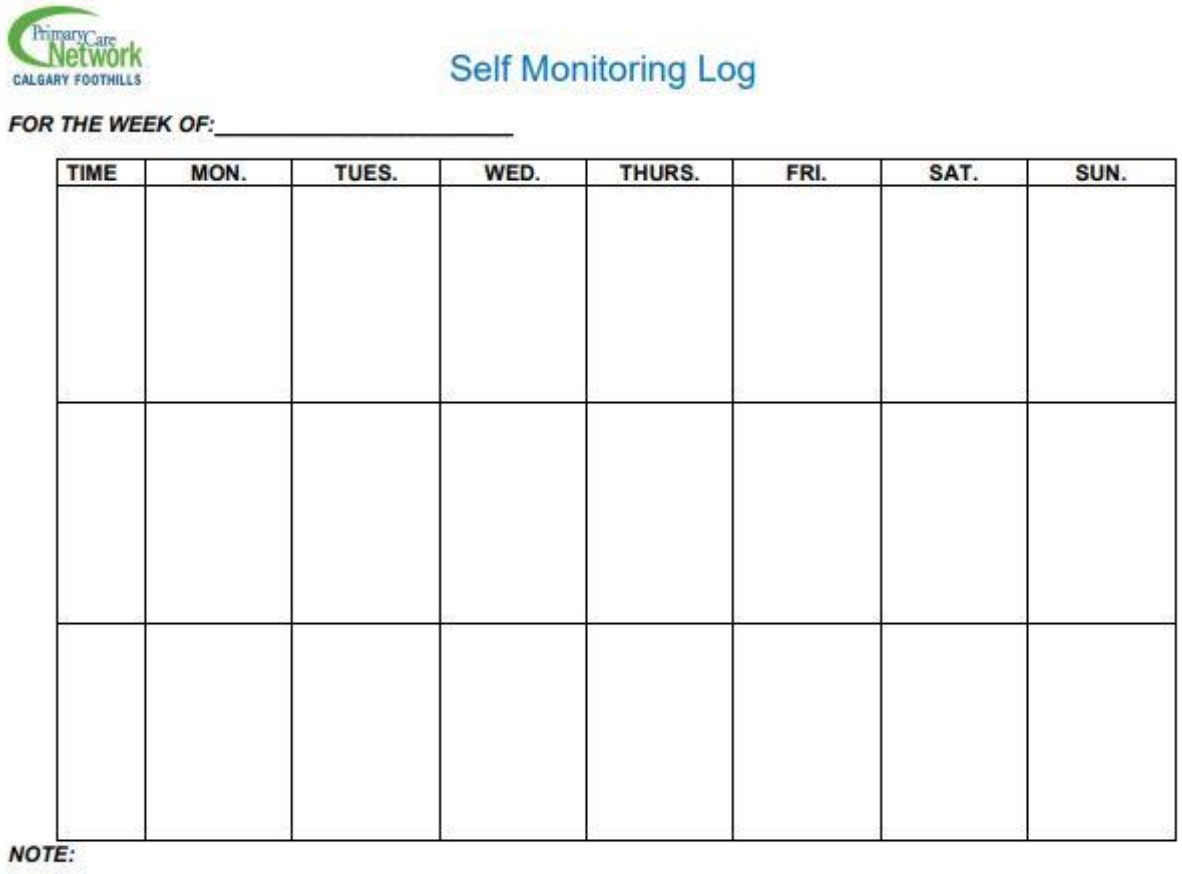
- Insight is the KEY!
  - Pain diary, lifestyle journaling, activity logs
- Identify factors contributing to pain symptoms
  - Factors within control (e.g. self-talk, duration/intensity of a task, use of self-management strategies)
  - Factors outside of control (e.g. weather, family emergencies)
- Notice your responses during activities
  - Automatic thoughts, holding your breath, isolation

Self-Monitoring Log - handouts

- Consistent times each day to record:
  - Activities, including rest
  - Pain and/or fatigue symptoms

- Pay special attention to:
  - Anything different/new (e.g. errands, life stressors, self-management strategy)
  - Potential triggers (e.g. weather, family visiting from out of town, emergency situations)

- Consider tracking:
  - Overall mood for the day
  - Sleep from the night before
  - Diet



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Self Monitoring Log

FOR THE WEEK OF:_____

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

NOTE:

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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

Activity Tolerance

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Chronic Pain & Activity

- Research tells us that physical activity and exercise are helpful in the overall management of chronic pain and fatigue
- However, changing or increasing activity demands on the body can increase symptoms
- Many people with chronic pain have been told to be active, but have never been instructed on how to start

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Activity Tolerance

- How much of an activity a person can do **before** they experience a **noticeable increase** in pain or fatigue

- How much of an activity a person can do before they feel that if they continue, they will experience a delayed increase in pain or fatigue

Example: Walking Tolerance

- Tolerance ≠ Maximum
  - Tolerance = noticeable increase in pain
  - Maximum = you have to stop

"After 20 minutes of walking I have to stop" (Maximum)

"When I start walking, my knee pain is 6/10. After 10 minutes, my knee pain is 7/10" (Current tolerance)

Increasing Activity Tolerance

- **Goal: To 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

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 – Vacuumed for 10 minutes
Day 2 – Vacuumed for 8 minutes
Day 3 – Vacuumed for 12 minutes

Tolerance = 10 minutes of Vacuuming

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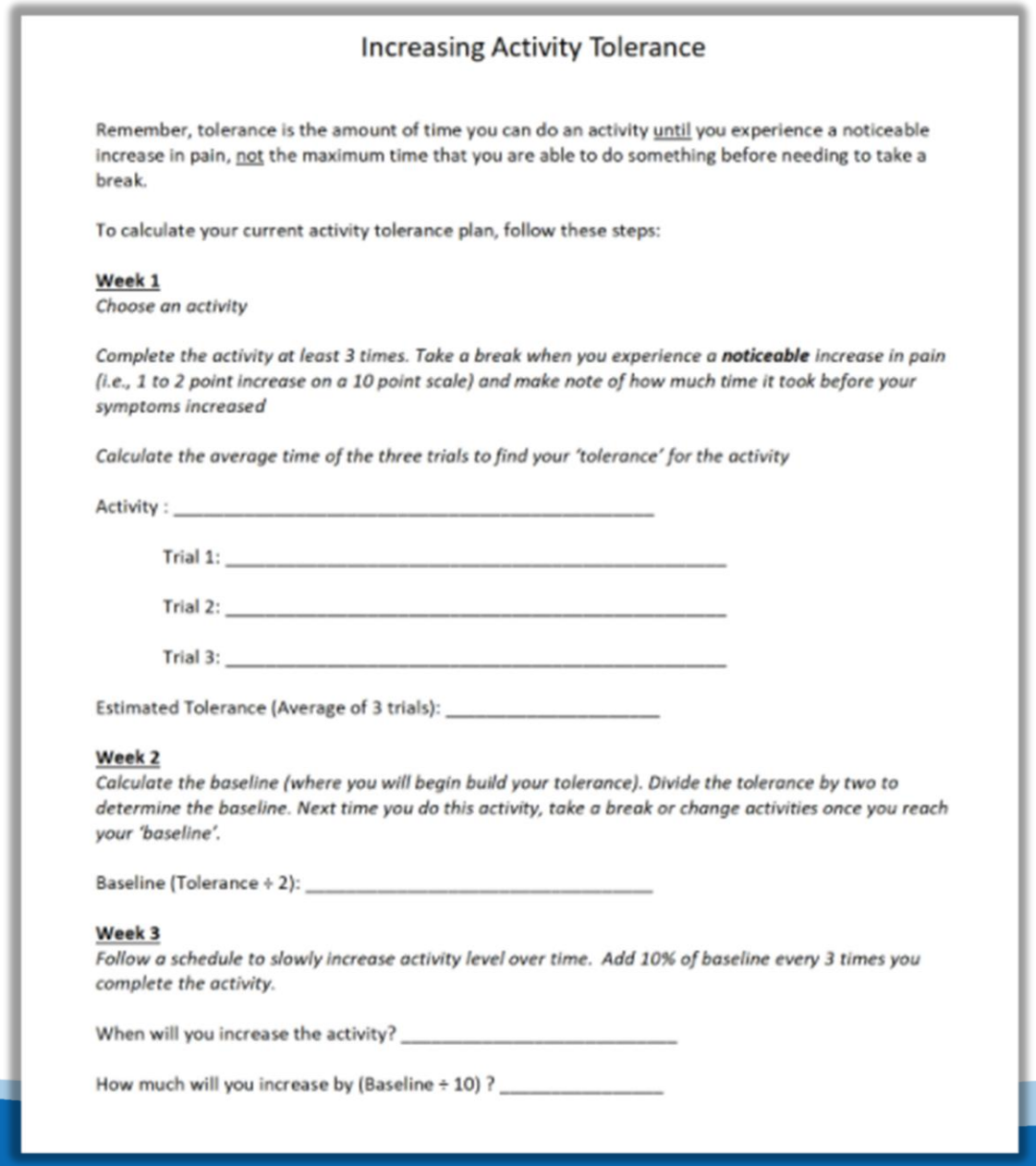
What About Delayed Pain?

- Stop the activity when you usually would, and then notice how much your pain increased later in the day/the next day
- Use the 1-2 point increase criteria to decide whether to change the duration of the activity. Repeat the activity at new duration, and re-measure delayed pain.
- Calculate your activity tolerance as previously explained, using the delayed pain measurements



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 ÷ 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) ? _____

Tolerance Training Handout

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What do you want to increase?

- Sitting Tolerance?
- Standing Tolerance?
- Walking Tolerance?
- Another Activity?

Home Practice

- Complete a Self-Monitoring log (see handout)
  - Notice any connections between your symptoms and activity, mood, sleep, etc.
  - Notice your "approach to activity"

- Stretching Exercises

- **Find your Activity Tolerance (see handout)**
  - Choose an activity to try three times to find your activity tolerance