

Activity Basics Group



Week 3 of 3

Agenda

- Review of Week 2 Home Practice
- Posture
- Ergonomics
- Body Mechanics
- Activity Analysis

Group Discussion: Home Practice

Tolerance Training:

- How did increasing your activity go?
- What challenges or motivating factors did you encounter?

Pacing Activity:

- What went well?
- What challenges did you experience?

Stretching and Strengthening Exercises



Posture

Neutral Spine

- The spine has 4 curves:
 - Cervical, thoracic, lumbar, sacral
- Alignment of head, shoulders, and hips
- Neutral Position:
 - Maximize efficiency of muscles and joints
 - Reduce strain on the spine, muscles and ligaments
 - Solid base from which to move

Posture

What do you think “good” posture looks like?

- No causation effect between “bad” posture and pain.
- Posture varies between bodies and types of activity.
- Consider what neutral posture/positioning looks like for you.

Goal: Bring awareness of how body positioning impacts your symptoms and function. Reposition frequently as needed.

Tips in Standing to Increase Comfort

- Standing with feet hip or shoulder-width apart
- Notice what your weight distribution is (i.e. evenly between both feet vs. most weight on one leg)
- Wearing supportive footwear



Tips in Sitting to Increase Comfort

- Sitting evenly between the sit bones
- Knees level with your hips
- Feet supported
- Add lumbar support or use back rest when available
- Neutral head position



Positioning Tips for Sleeping

Back Lying	Side Lying
<ul style="list-style-type: none">- Pillow beneath lower legs- Pillow underneath arms- Thinner pillow	<ul style="list-style-type: none">- Pillow between lower legs- Arm around pillow (hugging)- Thicker pillow



- Where do you carry tension?
- What position do you spend the most time in?
- Where can you add positional changes in your day?





Ergonomics

Ergonomics

- The fit between the person and their physical environment when engaging in a task.
- Awareness of our environment or 'workspace' for any given activity or task.
- Optimal ergonomics help to support our bodies to complete tasks in comfortable positions and with energy conservation.

Notice:

- How is your body currently positioned?
- How is your workstation arranged?
- How do you feel with your current set-up?



Home Office Ergonomics

Chair:

- Back support, armrests, foot placement, seat depth

Monitor:

- Height, distance, tilt

Work surface:

- Height, keyboard, mouse, frequently used items

Lighting:

- Window glare, task lighting, 20-20-20 rule

Other:

- Temperature, ventilation, noise, eyeglasses



What Ergonomic Changes Would You Make?



What Ergonomic Changes Would You Make?



Additional Tips

- Alternate workstations throughout day to vary posture
- Use pillows to support
- Take movement breaks every 30 to 60 minutes.
- Supportive footwear or anti-fatigue mats



Body Mechanics

Body Mechanics

- The way we position our bodies as we move through our day and with activities.
- Goal = to bring awareness to our positioning in activities and to be able to modify our movements for energy conservation and pain management

General Principles of Body Mechanics

- Solid base of support
- Work within your “power zone” and close to your body
- Minimize repetitive movements
- Use big muscles rather than small muscles if needed



General Principles of Body Mechanics

- Use of adaptive aids (e.g. long-handled aids, step stool)
- Push rather than pull, pull rather than lift
- Minimize twisting and lifting at the same time
- Consider the weight of the load before attempting to move/use it





An abstract graphic on the left side of the slide. It features a large white shape that resembles a stylized letter 'S' or a curved line. This white shape is set against a green background. Overlapping the white shape is a large orange circle, and further overlapping it is a purple circle. The overall composition is geometric and colorful.

Activity Analysis

Activity Analysis

Allows you to break down an activity into all its separate components.

- Increases self-awareness and explore activity modifications

Involves analyzing activity demands:

Physical	Emotional
Thinking	Environmental (physical, social)

Activity Analysis

1. Review the separate activity demands.
2. Identify barriers or challenges to the activity.
3. Problem solve to modify the activity demands.
4. Monitor the impact of modifications on symptoms and overall functioning.

Group Activity: Activity Analysis Handout



Your Health, Your Team, Your Community

Activity Analysis Tool

Every activity can be broken down into component parts. Activity components dictate how demanding or challenging the activity is to perform. By using the activity analysis tool, we can break down an activity into its 'activity demands': Time, Physical, Ergonomic, Social, Thinking, and Emotional. The tool helps identify specific challenges and brainstorm activity modifications to overcome these challenges. By considering alternative ways to perform an activity, we can reduce the activity demands and promote functioning!

Describe the activity:

What steps are involved to complete the activity? List the steps, in order, from start to finish:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What are the barriers/challenges to completing the steps?

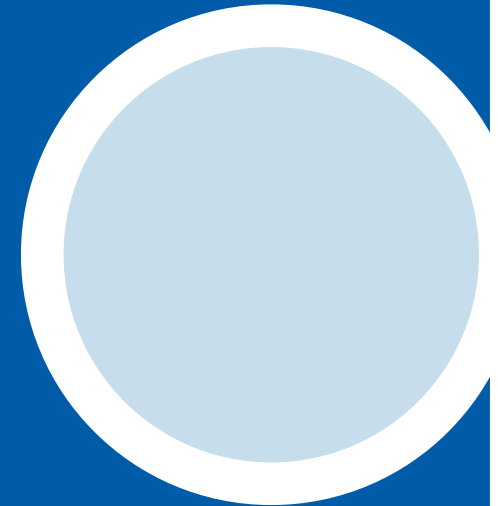
Tips & Tricks

Easy Activity Modifications:

- Stand with one foot elevated (stool, book, low cupboard)
- Perching stool
- Wheeled cart/trolley
- Use drawstring laundry bag
- Walk around while on the phone, use headphones
- Give yourself permission to start a task and finish it later
- Take micro breaks
- Explore assistive devices (e.g., long-handled aids)

What stood out for you?

- Review of Chronic Pain
- Rest and Activity
- Self-monitoring
- Increasing Tolerances
- Posture
- Body mechanics
- Ergonomics
- Activity Analysis
- Exercises: Stretching and Strengthening
- Activity Pacing





Self-Management Plan

Next Steps

- Put some of the skills into practice!
- There are opportunities for 1:1 support for any of this material.
- Contact your caseworker for next steps.

Thank you for joining us!

Extended Health Team
(403) 374 – 0244 ext. 3



Your Health,
Your Team,
Your Community

