

# Activity Basics Group



Week 2 of 3

# Agenda

- Review of Week 1 Home Practice
- Pacing
- Exercise: Strengthening
- Increasing Activity Tolerance

# Group Discussion: Home Practice

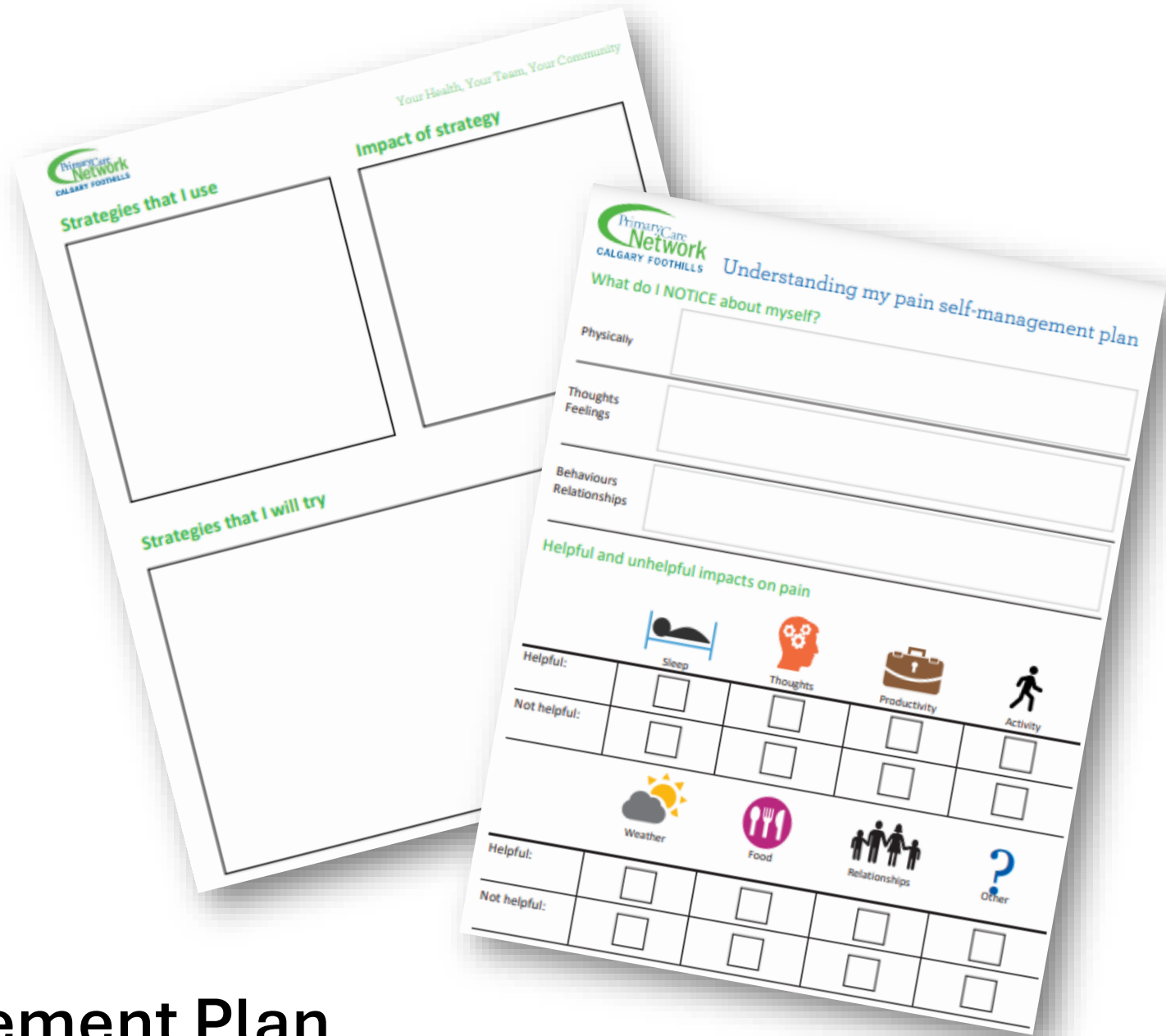
## Self-Monitoring Log

- What did you track? What did you notice?
- What did you notice about your approach to activity?

## Stretching

## Activity Tolerance

- What was your current tolerance?



# Self-Management Plan



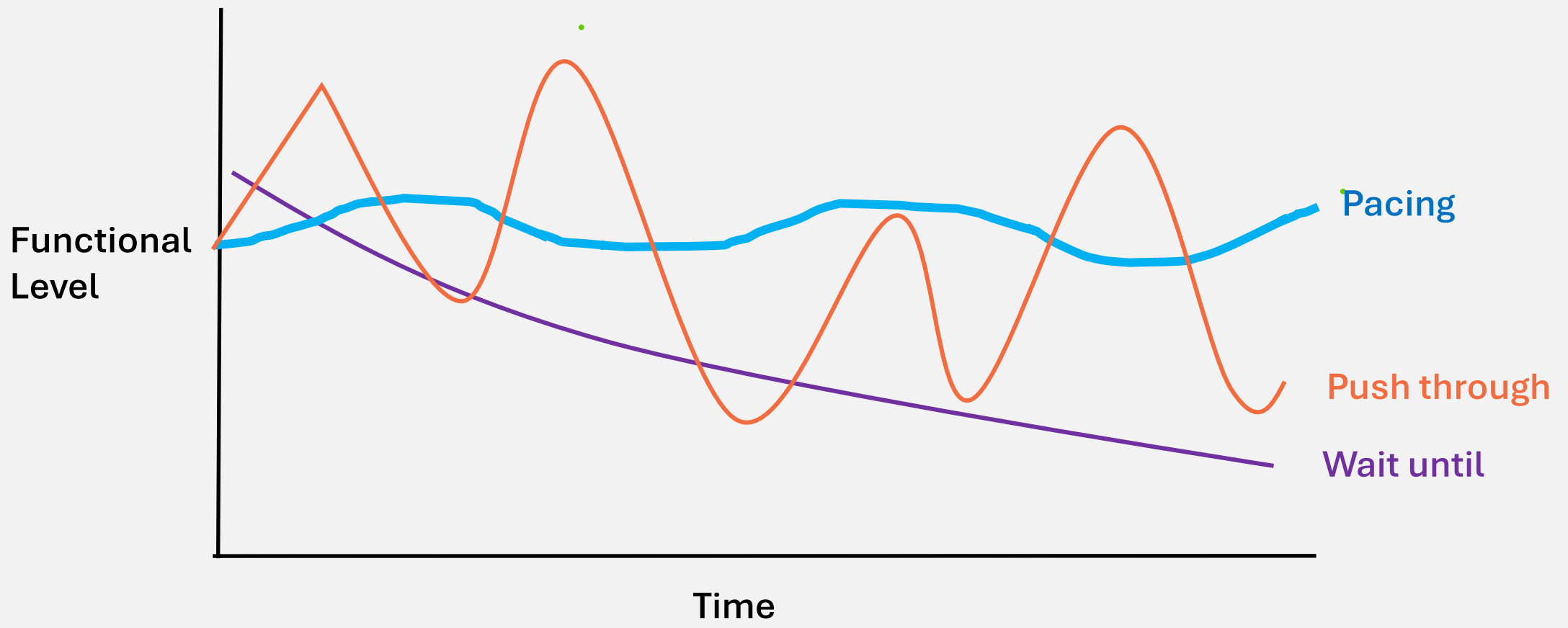
# Pacing

# The Pacing Approach

- An active self-management strategy used to balance rest and activity.
- Creates consistency in daily routines.
- Allows you to increase your function in daily activities.
- Helpful for pain management and energy conservation.



# Comparing Approaches



# What is the Intention of Rest?

**Reactive**

**Unstructured**

**Proactive**

**Purposeful**



# What is the Intention of Rest?

**Crashing**

**Forced to rest**

**Listening to your  
body's needs**

**Microbreaks**

**Changes in position**

# The 4 P's of Pacing

**Prioritizing**

**Planning**

**Perspective**

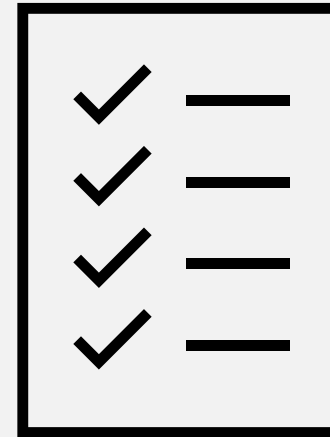
**Positioning**

# Prioritizing

## What activities do you need to do?

### Consider:

- How much energy you have for that day
- Things you have to/want to do in order of importance
- What may be shared or delegated
- Self-care and rest/recovery



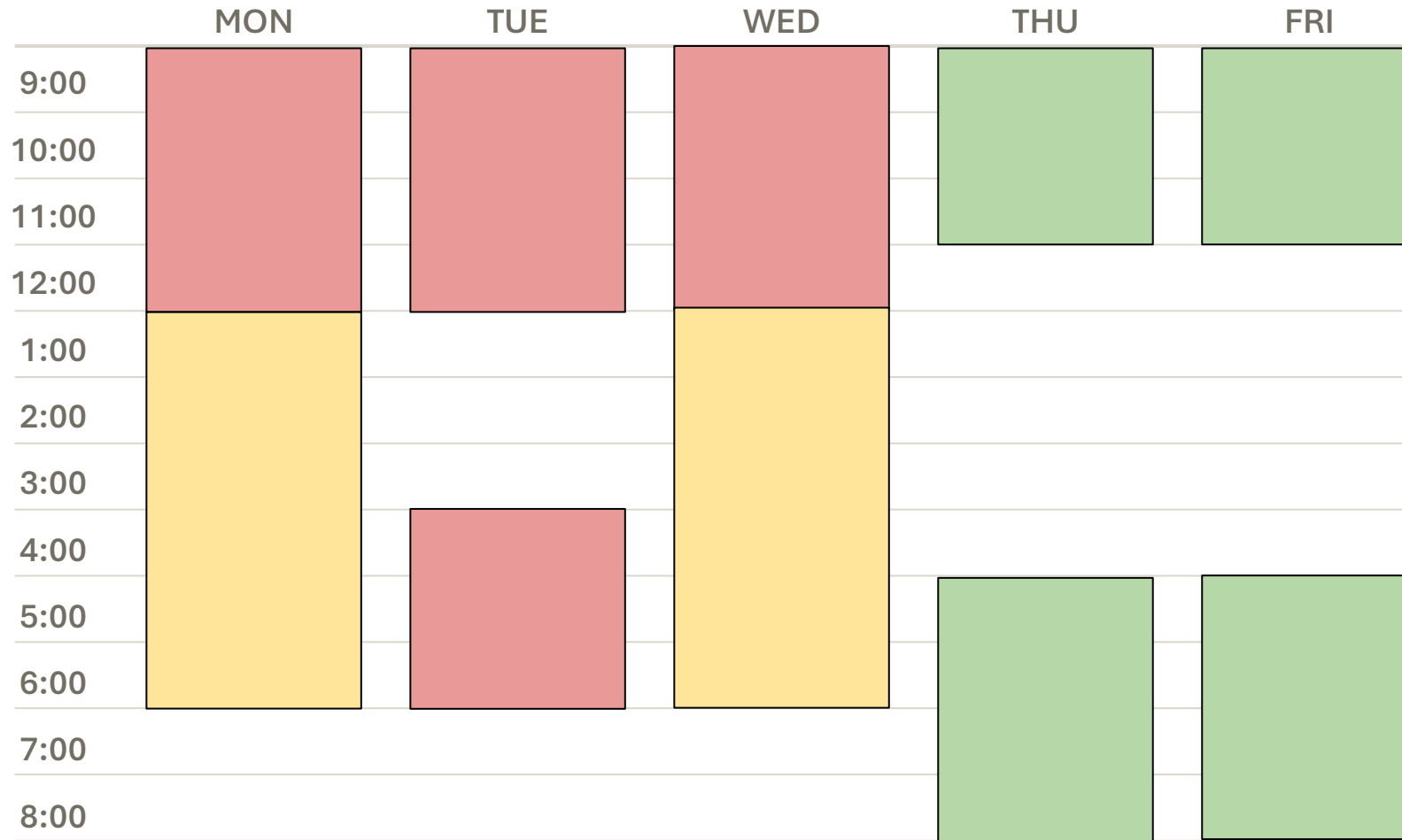
# Planning

## When are you doing to do the activities?

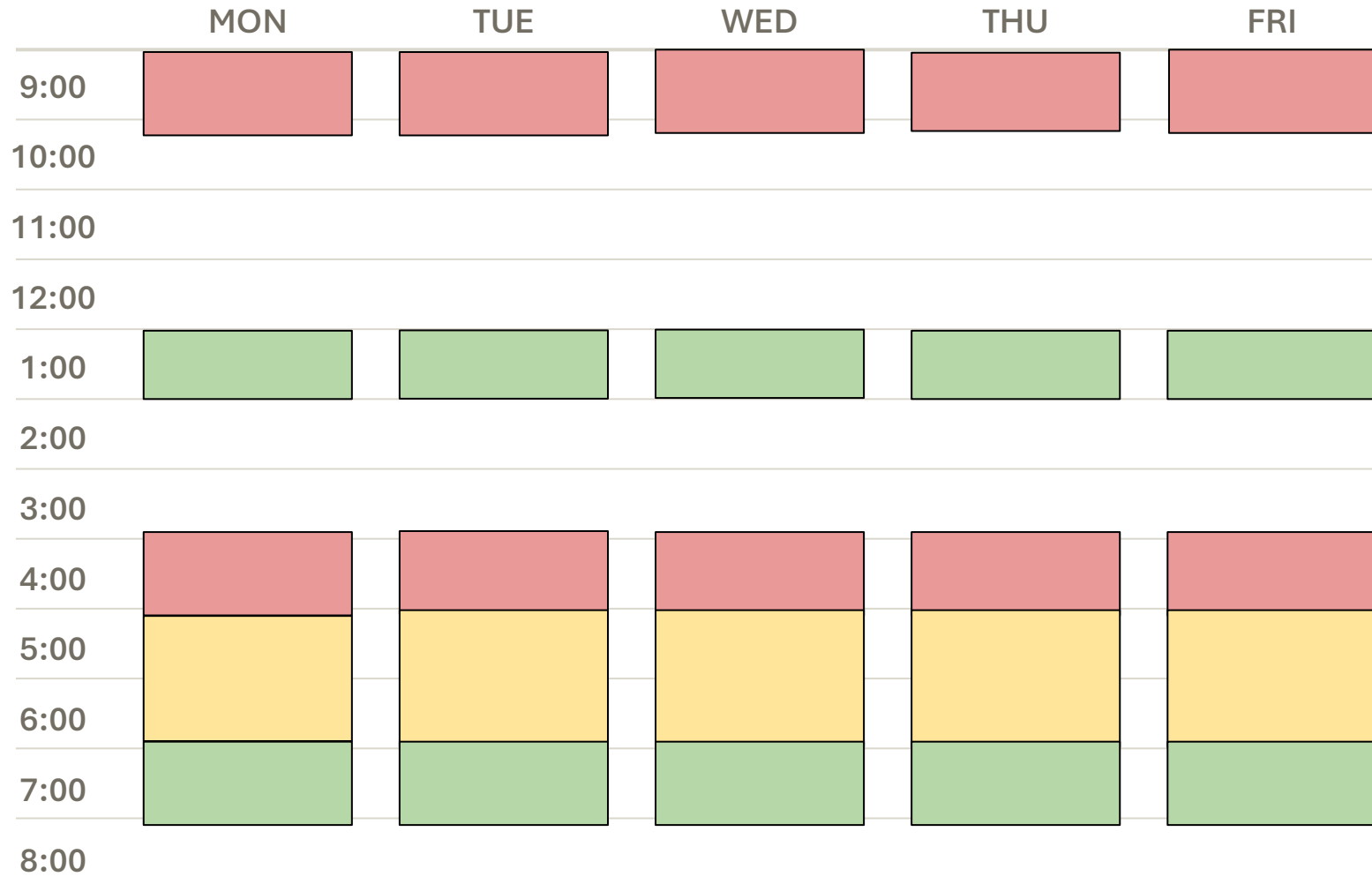
- Choose a manageable period of time to plan for.
- Create a balanced schedule:
  - Ideally, no day is more demanding than the next
  - Schedule in time for rest and self-care
  - Allow for flexibility
- How to Plan – write it down!
  - Use a tool: Calendar, Day-Timer, Organizer, Apps



# Schedule Examples



# Schedule Examples



# Activity: Scheduling

Write down your general daily schedule and routine.

- Start from the moment you wake up to the moment you go to bed.

What are your symptom levels at different points of your day?

## DAILY SCHEDULE

DATE:

6	00	
am	30	
7	00	
	30	
8	00	
	30	
9	00	
	30	
10	00	
	30	
11	00	
	30	
12	00	
pm	30	
1	00	
	30	
2	00	
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6	00	
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7	00	
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### TOP 3 TASKS


### TO DO LIST


### NOTES

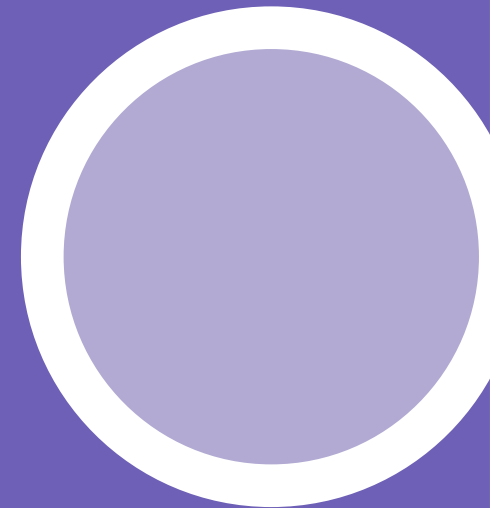
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**What do you notice about your general schedule or routine?**

**What or where can you adjust your schedule to allow you to better pace?**





# Activity: Scheduling

What or where can you adjust in your daily schedule to allow you to better pace?

- Spread out activities
- Add rest breaks or microbreaks
- Alternate between high and low demand activities
- Place higher demand tasks during times with more energy or less pain

## Homework:

Write out your daily and/or weekly schedule again with strategies of pacing into it.

# Perspective

## Why are you pacing?

### Consider your thoughts and beliefs:

- Working within your tolerance means reduced likelihood for a flare-up
- Pacing is a skill that requires time and patience
- Pacing can be hard work and becomes more automatic with time
- Having unhelpful thoughts and feelings are normal

I have prioritized my activities, so by sticking to my plan, I'll be getting the most important things done.

If I pace myself, I'll have energy to enjoy "x" later.

I can start now and finish it later.

When others think of me, they think about my personal qualities and not about how much I get done in a day.



# Positioning

## How are you doing the activity?

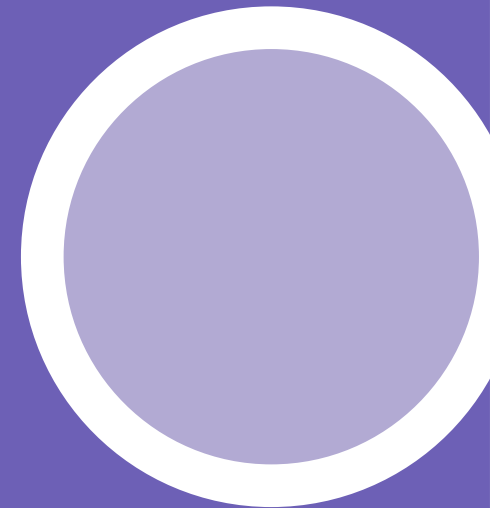
### Consider:

- Neutral posture, body mechanics, ergonomics, microbreaks
- Changing activities and 'workstations' to engage different body parts
- Consider assistive devices to increase ease of completing a task (e.g., long handled devices, foot stool, grab bars, walking poles)

**To be discussed further in ABG Week 3!**

How might implementing pacing be challenging?

How might pacing be helpful to improve daily functioning?

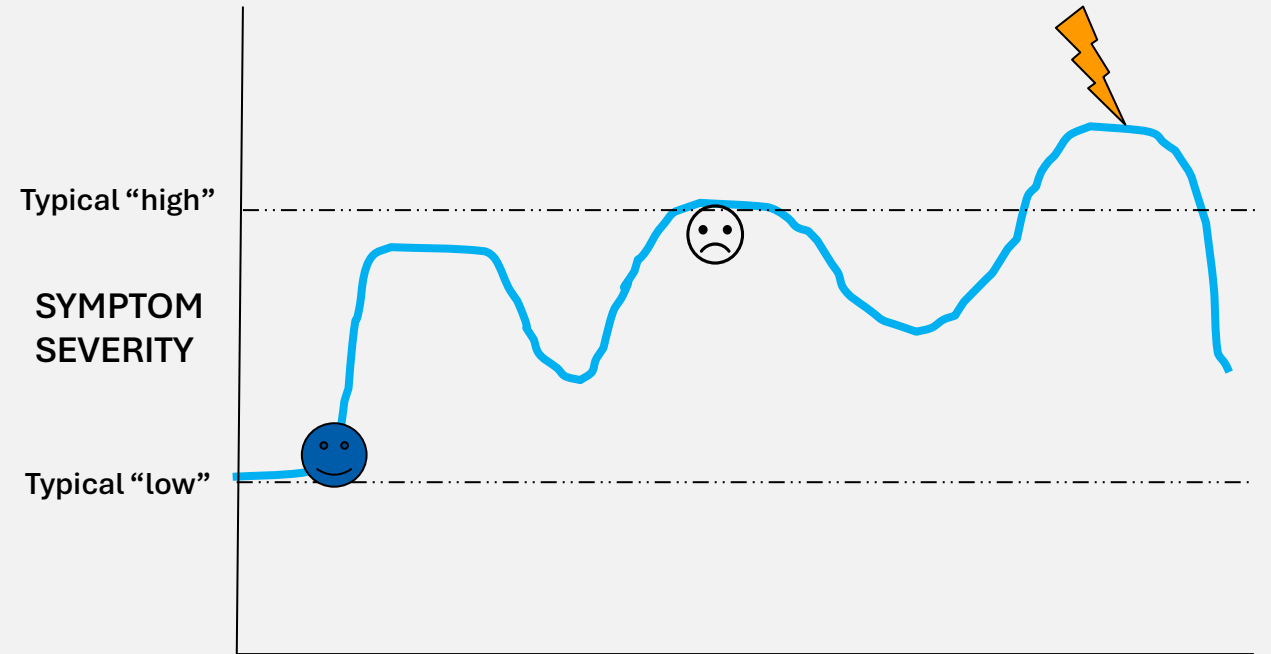


# If I feel Good, Can I Do More?

- Pacing allows the body to adjust to a more consistent activity level, with fewer peaks and valleys in pain and energy.
- On a good day, do not add a challenging activity... Enjoy having less pain and more energy.
- If you must, only add low demand and/or enjoyable tasks.
- Sticking to your pacing plan increases the likelihood for another good day tomorrow.

# What Happens on a Bad Day?

- Still within the typical symptom range (\*not a flare)
- Do not abandon your plan/schedule
- Modify, take frequent breaks, ask for help, consider eliminating the most demanding task(s).
- Take breaks when you reach your activity tolerance.



# What Happens During a Flare-Up?

- A flare up means you have exceeded your typical range of symptoms.
- It is not the time to work on tolerance training or increasing demands.
- Focus on self-care and individualized flare-up plan.
- During or after the flare, reflect on what may have contributed to it:
  - Oftentimes, not due to one single event.
  - Preventing flares are more effective than reacting to them once they're here.

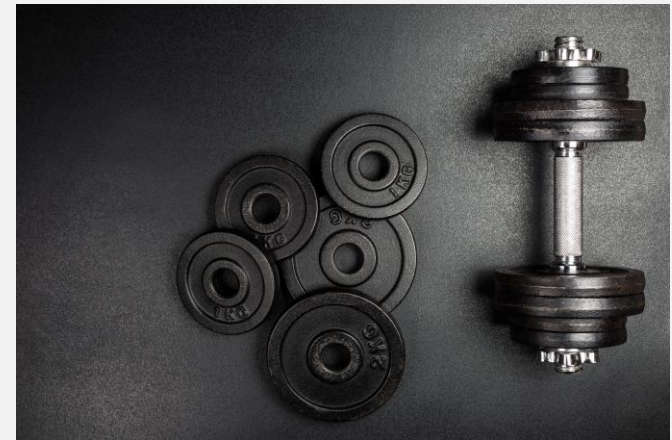




# **Strengthening Exercises**

# Strength Training

- Using theraband, free weights, machines, body weight
- Check posture before starting your exercise
- 2-3x/week, 3-5 reps
- Gradually increase 1 rep/week, as tolerated
- Breathe







# Increasing Activity Tolerance

# Activity Tolerance

**Goal: To increase function over time and not over-do it.**

- Slow and steady approach to retrain nervous system

- We recommend a gradual approach:

1. Find your current tolerance level



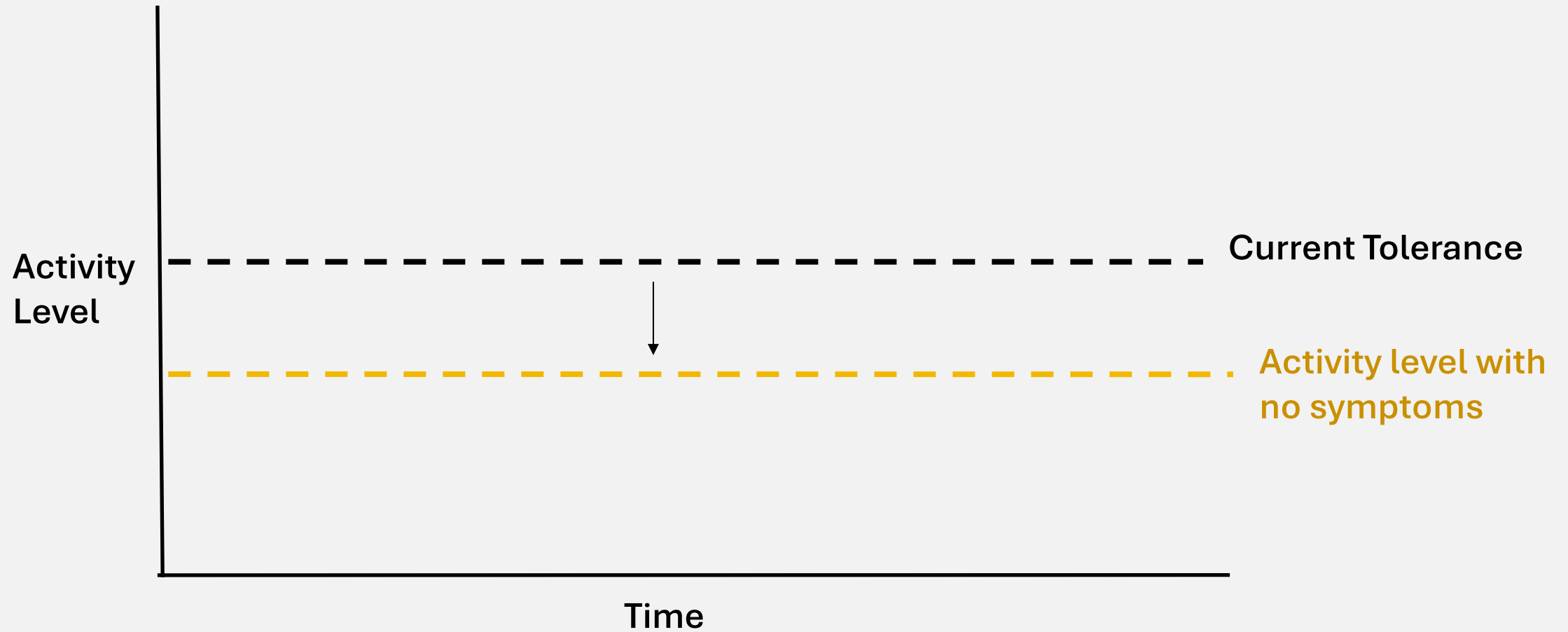
2. Follow a schedule to slowly increase activity level over time

# Increasing Activity Tolerance

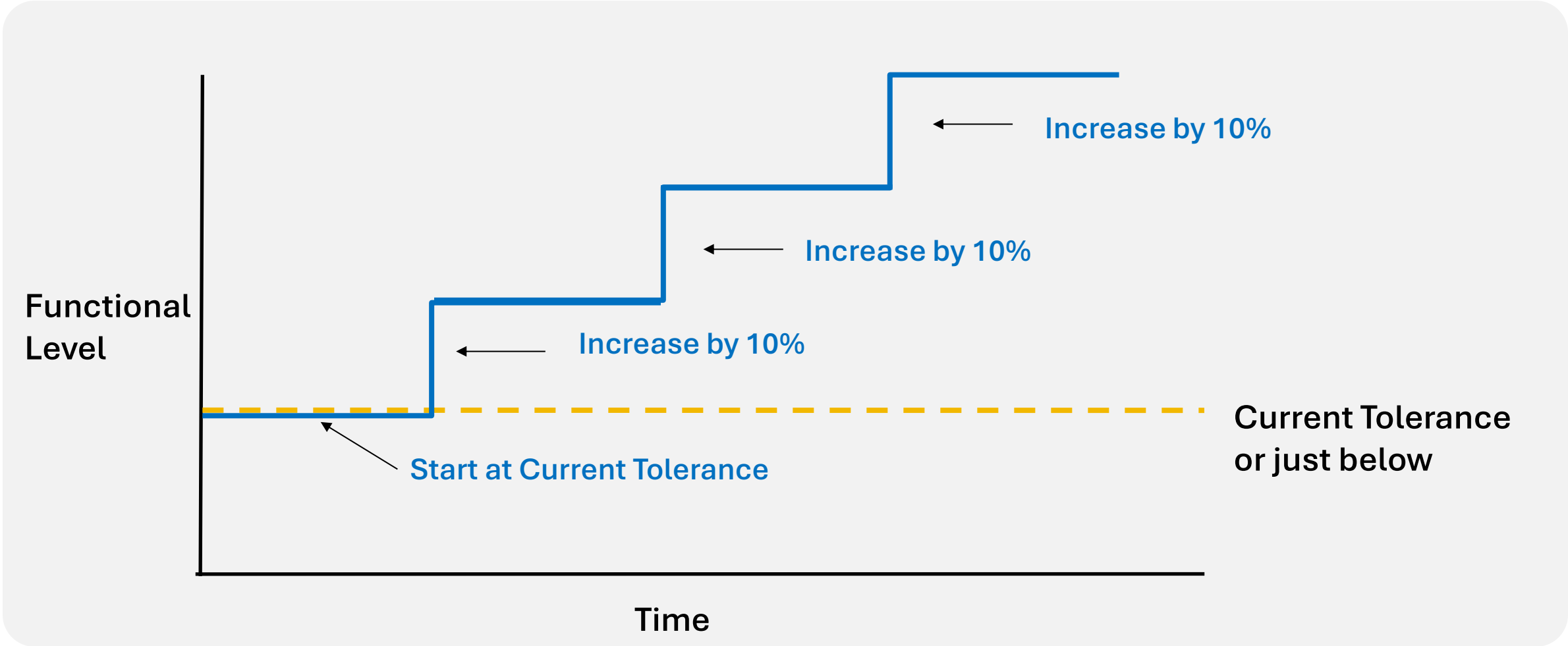
Once you know your current tolerance, you can begin to increase your activity.

- Add 10% to your activity, every 3 times as tolerated.
- Each activity progression should not trigger or increase symptoms.

# Activity Tolerance Training



# Follow a schedule to slowly increase tolerance





# Activity Tolerance

## Example: Walking Tolerance

Tolerance  $\neq$  Maximum:

- Tolerance = noticeable increase in symptoms
- Maximum = you have to stop

Progress by 10% as able.

### Step 1: Current Tolerance

*“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)*

### Step 2: Progression

*10% of 5 min = 30 seconds*

- *Week 1: 5 min*
- *Week 2 (increase by 10%): 5 min 30 sec*
- *Week 3 (increase by another 10%): 6 min*

# Home Practice

## Tolerance Training:

- Gradually increase activity duration by 10% every 3 times you complete the activity

## Strengthening exercises 2-3x/week:

- Continue Stretching exercises daily

## Pacing Activity:

- Write out your daily/weekly schedule, including pacing strategies

# Next Week

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

# Thank you for joining us!

Extended Health Team  
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Your Team,  
Your Community

