Activity Basics Group

Week 1 of 3

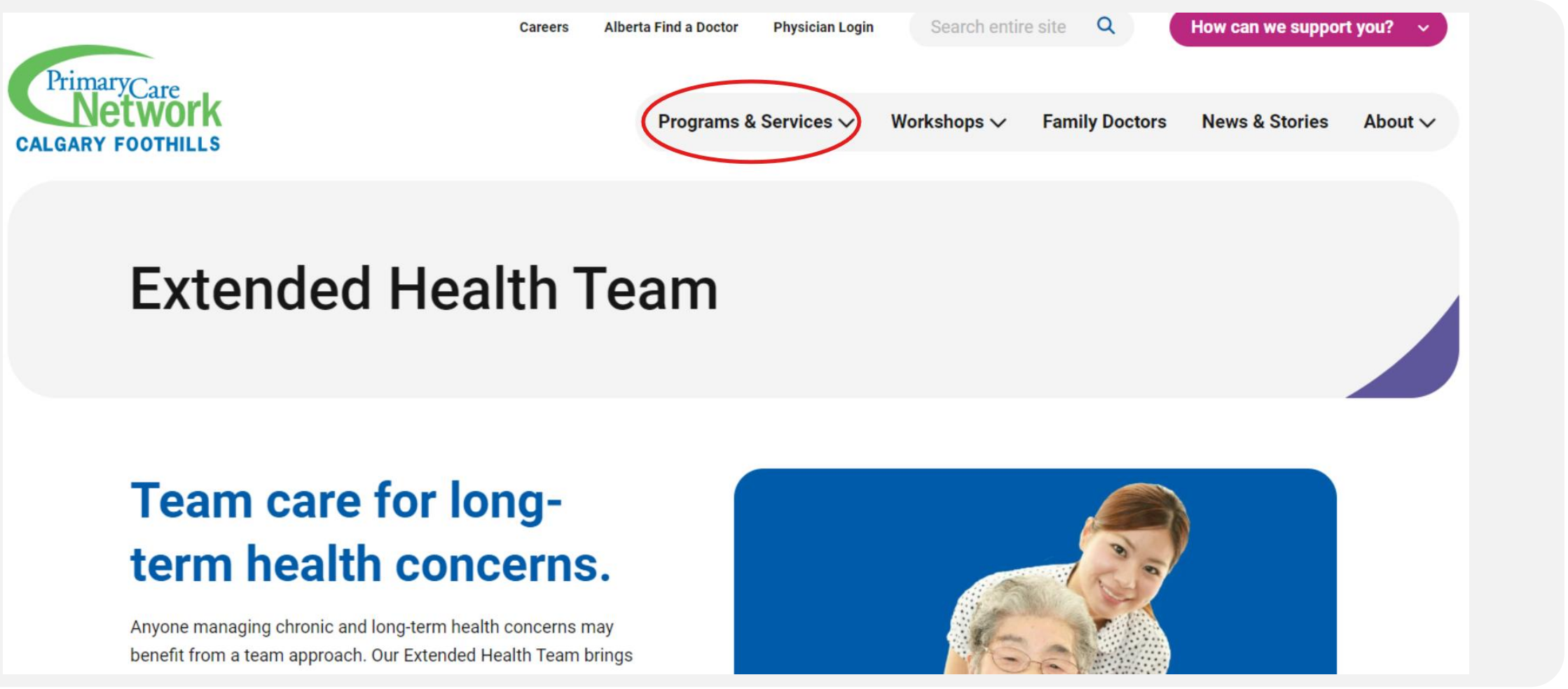
Primary Care Network
CALGARY FOOTHILLS

Your Health,
Your Team,
Your Community

Agenda

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

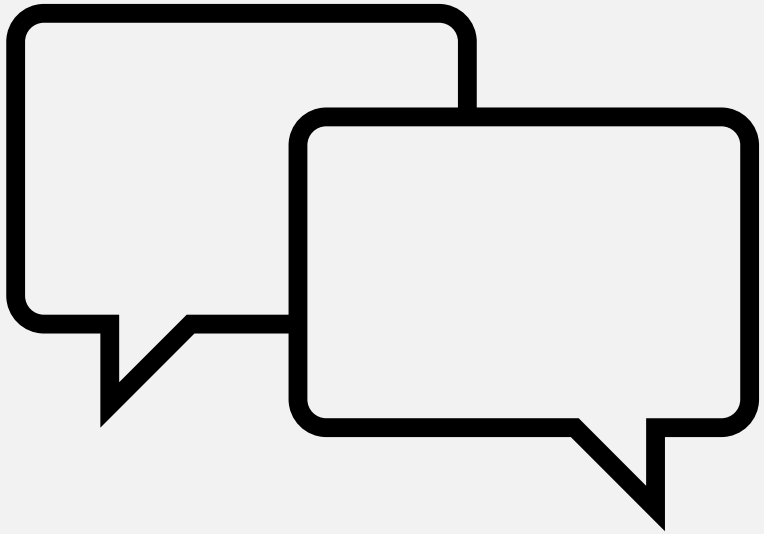
Presentation slides and handouts:
https://cfpcn.ca/extended-health-team/



Virtual Housekeeping:

- Teams Platform: chat, video, mute
- Same link each week to log on
- You will not receive a reminder for any future classes
- Technical issues: Contact EHT reception
  (587) 774-9736
- Attendance – 3 weeks, any missed content should be reviewed on our website at cfpcn.ca
- Respect, confidentiality, participate

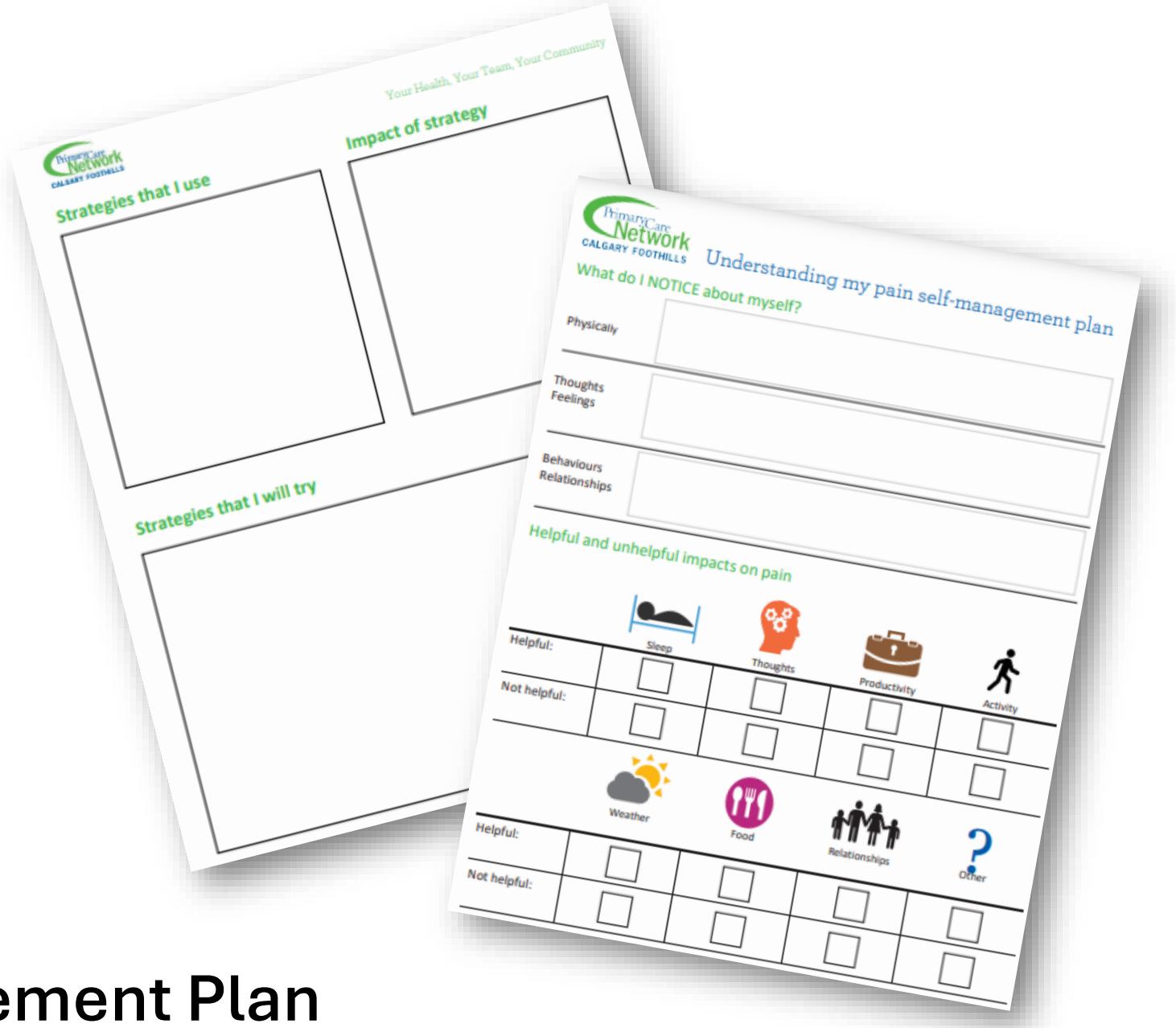
Introductions



Physical Self-Management Strategies

Strategies:

- **Self-monitoring**
- **Posture**
- **Body Mechanics**
- Heat/cold
- TENS machine
- Aerobic exercise
- **Pacing**
- **Stretching and Strengthening Exercises**
- **Activity Tolerance**
- **Ergonomics**
- Medication
- Flare-up planning
- **Activity Demands Analysis**



Self-Management Plan

Intro to Chronic Pain

Review

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


PAIN
FUNCTION

Action and Change

- Change requires both thought and action.

- Mindset and attitude can impact our willingness to put some strategies into practice.

Self-Monitoring

Self-Monitoring

Insight is the KEY!

- Pain/fatigue diary, lifestyle journaling, activity logs

Identify factors contributing to 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

Consistent times each day to record:

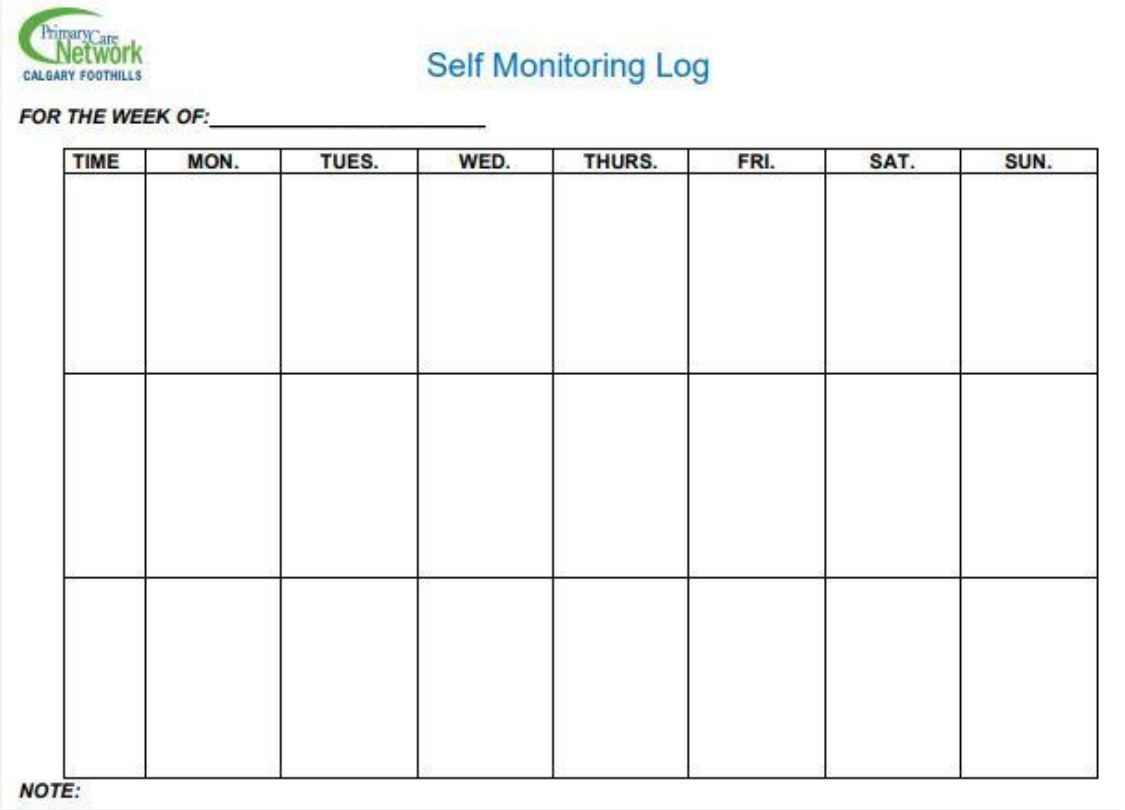
- Activities, including rest
- Pain and/or fatigue symptoms

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:

- Mood, sleep, or 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

Precursor Symptoms

- Notice precursor symptoms or “warning signs” that occur before pain/fatigue comes:
  - May be changes in behaviours, feelings, thoughts, sensations.
- Precursor symptoms are signs that our body is telling us that we are pushing our threshold for activity.

Rest and Activity

Injury, Pain, and Rest

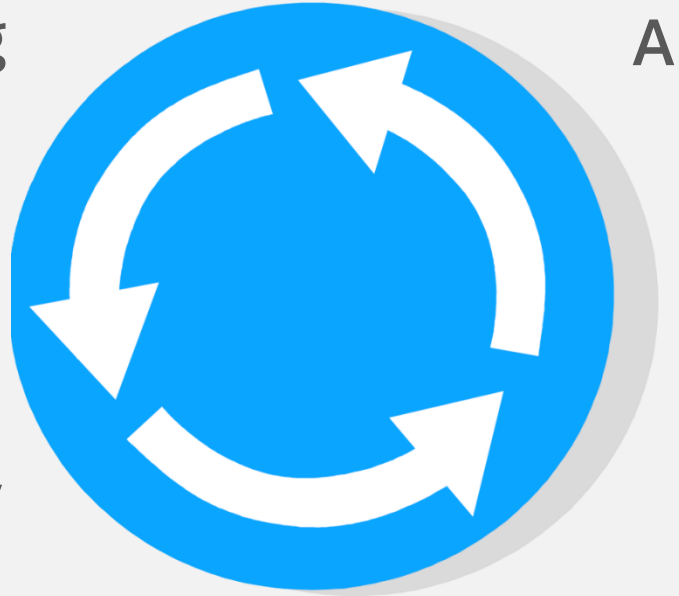
Acute Pain

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

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

The Cycle of Inactivity



Physical Activity

- Any body movements that result in energy expenditure
  - Daily activities (ie. gardening, vacuuming, grocery shopping)
  - Exercise (ie. stretching, strengthening, aerobic)

- The intensity of physical activity may vary

Hurt vs. Harm

- Activity can sometimes trigger an increase in symptoms:
  - The degree of pain felt ≠ amount of damage in the body

- Increases in symptoms from activity should be manageable.

Stretches

Stretching

- Stretch within a comfortable range of motion
- Can be done throughout the day as needed
- You may choose to do only some of the exercises
- Breathe
- Daily, 5-15 second hold

Approaches to Activity

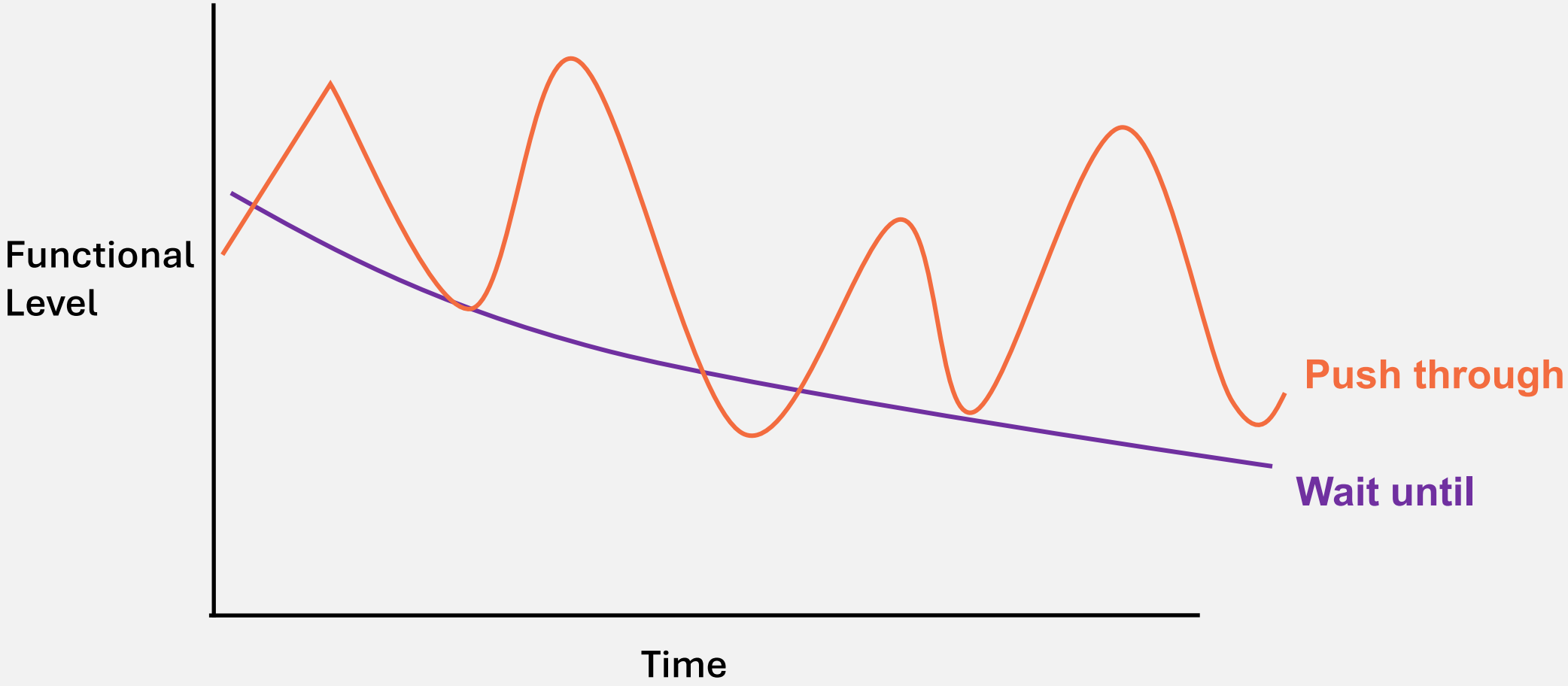
“Push-Through” Approach

- Do as much as possible despite symptoms.
- Stop only when the task is completed or when you need to stop.
- Pushing through pain rarely leads to improved function.
- Overdoing it on good days leads to higher levels of pain and fatigue.

“Wait-Until” Approach

- Rest and wait until pain/ fatigue decreases before attempting an activity
- Avoid activities that cause pain or fatigue.
- Can result in cycle of inactivity:
  - Leads to deconditioning or reduced physical function
- Higher levels of pain when activity is re-introduced

Comparing Approaches



Which approaches to activity do you use?

What are the common thoughts or beliefs that lead you to push-through or wait-until?

Activity Tolerance

Activity Tolerance

The amount of activity you can do before you:

- Notice a slight change in pain/fatigue
- Notice the start of precursor symptoms
- Anticipate an increase in symptoms (based on previous experience)/ delayed symptoms

Activity Tolerance

Example: Walking Tolerance

Tolerance ≠ Maximum:

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

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

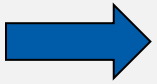
“When I start walking, my knee pain is 6/10. After 10 minutes, my knee pain is 7/10” (Current tolerance)

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

Activity Tolerance

Find your current tolerance level:

1. Choose an activity.

2. Try the activity 3 times. Note how long it takes before you have a noticeable change in pain/fatigue or precursor symptoms start.

3. Calculate the average it takes for a change in symptoms. This is your tolerance for that activity.

Example:

Day 1 – Walked for 10 minutes

Day 2 – Walked for 8 minutes

Day 3 – Walked for 12 minutes

Tolerance = 10 minutes of walking

Activity Tolerance

What about delayed pain/fatigue?

- Stop the activity when you usually would. Notice how much your symptoms change later in the day/the next day.
- If you notice an increase or worsening of symptoms, consider adjusting the activity next time. Repeat the activity at new duration, and re-measure delayed symptoms.
- Calculate your activity tolerance as previously explained.

Tolerance Training Handout

Increasing Activity Tolerance

Tolerance is the amount of time you can do an activity until you experience a noticeable increase in pain/fatigue symptoms OR when you begin to notice precursor symptoms.

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

Step 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) OR when you begin to notice precursor symptoms. 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): _____

Step 2
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? _____

What activity do you want to increase?

Home Practice

Complete a Self-Monitoring log:

- Notice the relationship between your symptoms, activity, mood, sleep, etc.
- Notice your "approach to activity" and precursor symptoms.

Stretching Exercises

Find your Activity Tolerance:

- Choose an activity to try at least three times to find your activity tolerance.

Next Week

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

Thank you for joining us!

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