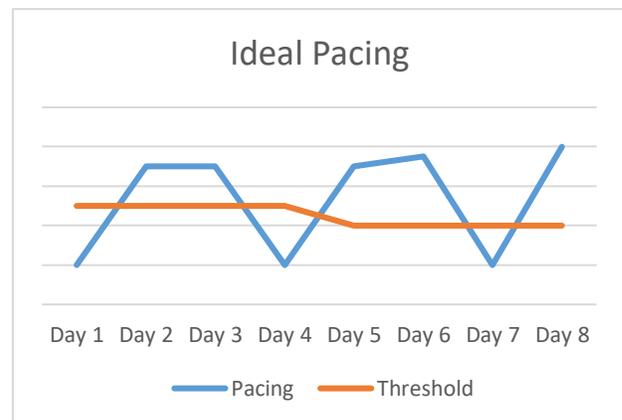
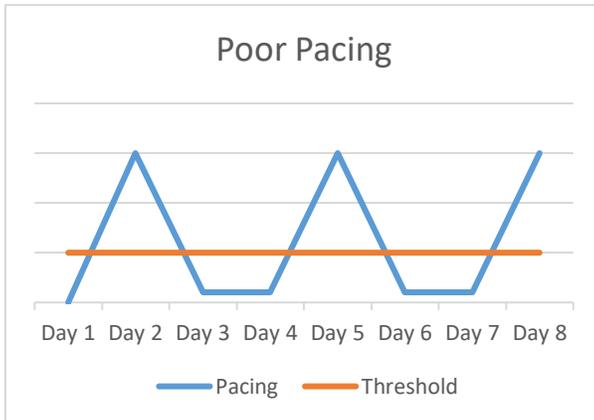


Appropriate Pacing Strategies

- Pacing – Rate of progress or the speed at which an activity/movement proceeds
 - Patients that suffer from chronic pain have a difficult time with either doing too much or too little due to increased pain levels. Our goal is to find a happy medium.



- Poor pacing is like getting over a sickness. You have a string of bad days and when you finally have a good day, you tend to overdo all the activities you have been neglecting. The overabundance of activity causes another dip in in your stamina or possibly a huge increase in pain. Which in turn sets you back to another round of down days. (Graph 1).
- Ideal Pacing – even when you’re not feeling great you still get up and move within you 1-2 point threshold above baseline. By not overdoing it, you should have more energy and ability to have more good days. And hopefully the bad days decrease, while your pain threshold also improves.
 - Ideal pacing can be compared to a tank of gas. If you only have one tank of gas for the whole week you have to decide what the best way to use your gas will be. The idea is with good planning that you will have less down days and will slowly build up your tolerance for activities on good days.

Rules for Pacing:

1. Pacing takes time and appropriate planning.
 - a. Helpful hints:
 - i. Buy a planner you can write things down in
 - ii. Start small with what your 3 main priorities are for the week
 - iii. Build your schedule around those priorities and make sure you schedule breaks when needed
2. Pacing involves good communication with your support team.
 - a. Be sure to discuss with your friends and family your goals and what you’re trying to achieve.
3. It is important to listen to your body. Your pain should never be 1-3 above your baseline pain.
 - a. When pain starts getting too high, take a 10-15 minute break and relax.
4. Pay attention to the small strides that you are making and take note of the good days!