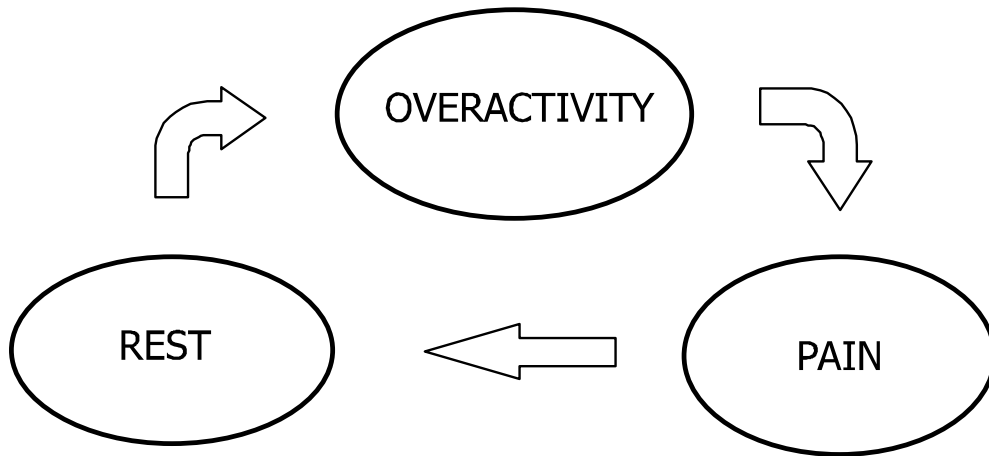
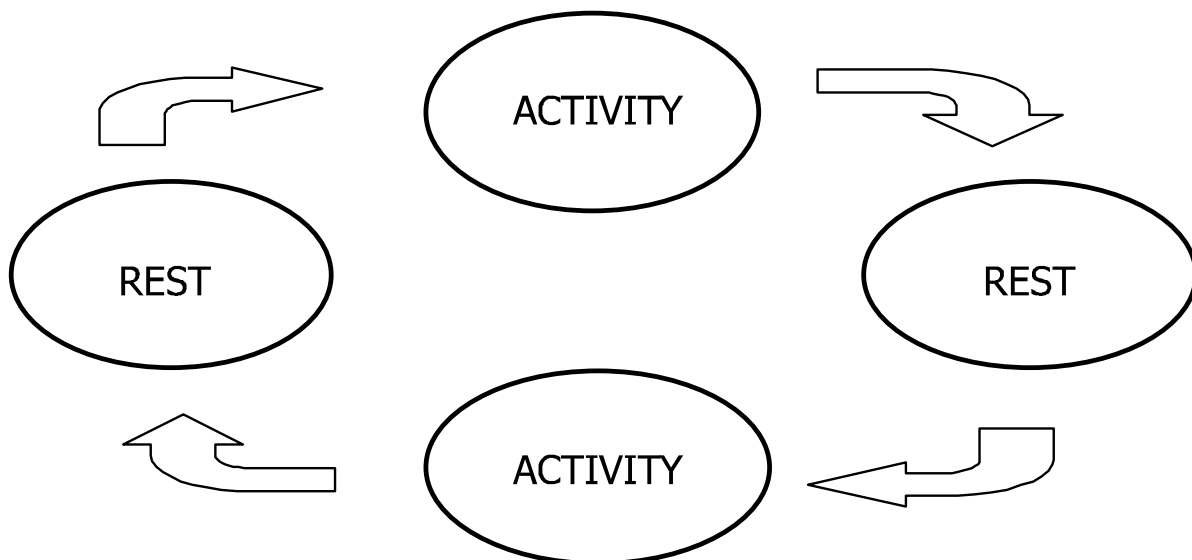


Activity Pacing

People who experience chronic pain have a tendency to overdo or push themselves when they are having a “good” day. Later, they find that the pain is so severe that they have to rest for long periods. This is called the **Pain Cycle**. It is illustrated below:



The Pain Cycle usually repeated itself many times. There are several drawbacks to repeating the Pain Cycle, including increased pain, fatigue, tension, worry, anxiety, and avoidance of activity. Activity Pacing can be used to develop an alternative to the Pain Cycle, called the Activity-Rest Cycle. An Activity-Rest Cycle consists of planned periods of activity, interspersed with planned, regular rest periods. The **Activity-Rest Cycle** is illustrated below:



Activity Pacing (continued)



- ❖ Activity Pacing can help you develop Activity-Rest Cycles for your daily activities.
- ❖ The benefits of Activity Pacing include avoiding extreme pain, fewer flare-ups, increased productivity, more stable activity level, and less tension and fatigue.



- ❖ Activity Pacing involves 3 steps:

1
2
3

Identify general activities (e.g., sitting, standing) and specific activities (e.g., gardening, cleaning) that you tend to overdo (or underdo!).

Set a time limit for the activity and STOP and rest for a reasonable amount of time.

Monitor your progress (e.g., count how many times you stop yourself from overdoing or underdoing).

