

# Activity Pacing with Chronic Pain

## How to pace your activity

- ◆ Stop or change an activity when your pain level goes two points (on a 10 point scale) above your normal pain level.
- ◆ Do something less active until your pain returns to your normal level.
- ◆ Following this plan will help you manage your pain in a way where it may be no worse at the end of the day than at the beginning.

## What to expect when pacing

- Learning the right combinations of activities may take some time. Starting with small portions of your daily routine instead of the entire day at once may be easier. Start with activities you find most important or those that are associated with the most pain or most challenging.
- Avoiding over activity (which can result in severe pain episodes and longer downtimes) will increase your success at engaging in effective pacing.
- Reassess your pacing plan on a regular basis (e.g., monthly)

**By planning your activities in this way, you can accomplish more (and have more fun) in a day without significantly increasing your pain. The attached worksheet can be used to help you determine your 'up' and 'down' times.**



# Pacing Activities Worksheet



Date: \_\_\_\_\_ Name: \_\_\_\_\_

Use the form below to review your activities.

Record Baseline pain (0-10 scale with 0 being no pain and 10 the worst pain ever) & time (“Time in Activity”) you can engage in activity before pain sensation increases 2 points.

Then change activities to allow the pain sensation to decrease to baseline (where you started), and record the amount of time (“Down Time/Different Activity”). Reassess monthly.

Activity	Time in Activity (minutes)	Down Time/Different Activity (minutes)	Activity During Downtime
<i>Example:</i> Vacuuming Baseline Pain _____	10	15	Paying bills, talking to a friend, doing relaxation technique
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			