



Homework: Pacing

Estimated Time Needed to Complete Activity: *Approximately 5 min*

Injuries, pain, or other health issues that impact physical functioning sometimes lead to feelings of helplessness, uselessness, or stagnation. There is a feeling of disappointment that is often endorsed as a result of not being able to complete physical activities as one used to in the past. Pacing is an activity that reduces the risk of re-injury and flare-ups by helping one identify realistic and measurable goals that enhance physical functioning.

Activity Goals:

- 1) Increase functional capacity!
- 2) Learn to create pacing schedules.
- 3) Learn to modify pacing schedules as threshold time increases.

Instructions:

- 1) Identify an activity that you have a difficult time engaging in as a result of physical pain or discomfort (I.e., doing laundry, washing dishes, walking, making the bed, gardening, etc.).
- 2) Try engaging in the activity, and monitor for the first sign of physical discomfort or pain. This is your pain threshold. For instance, if you experience physical discomfort or pain 5 minutes into the activity, your pain threshold will be 4 minutes. Your threshold is the amount of time you can engage in an activity before experiencing pain or discomfort.
- 3) After you identify your threshold time, pay attention to how much time you need to rest for your pain or discomfort to subside. This will be your rest/break time.
- 4) Use the table below to complete a pacing schedule for each of the activities you identified. Make note of your threshold time and rest/break time, and keep track of the amount of breaks you need to take to complete the activity. Modify your schedule on a weekly basis. It is likely that if you keep to your pacing schedule, you will notice an increase in threshold time, and a reducing in rest/break time, thereby, increasing your functional capacity.

Pacing Schedule

Activity	Week 1	Week 2	Week 3
(Sample) <i>Activity: 30 min of walking everyday</i>	Threshold Time <i>(Time Engaging in Activity Before Taking a Break):</i> 5 min Total Number of Rest/Breaks: 7 min <i>Total Number of Rest/Breaks:</i> 3	Threshold Time: 6 min Rest/Break Time: 5 min Total Number of Rest/Breaks: 2	Threshold Time: 8 min Rest/Break Time: 3 min Total Number of Rest/Breaks: 1
Activity: Goal:	Threshold Time: Rest/Break Time: Total Number of Rest/Breaks:	Threshold Time: Rest/Break Time: Total Number of Rest/Breaks:	Threshold Time: Rest/Break Time: Total Number of Rest/Breaks:
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Homework 2: Pacing