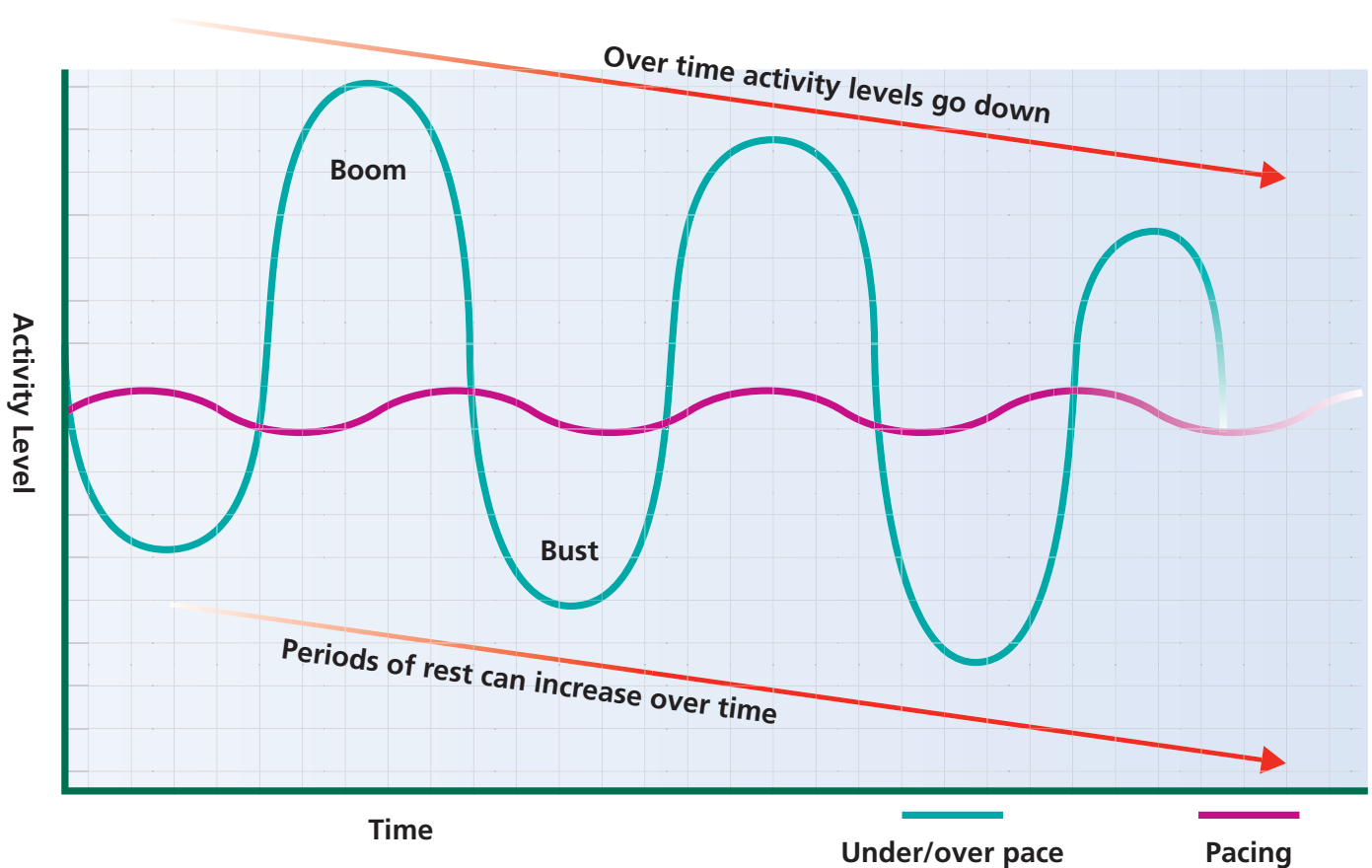


Therapy Services

Pacing

Pacing can help you to do more in your life.

Pain can restrict how much you can do. It can feel good to push through on a good day, but it can lead to more pain afterwards. Over time, this can reduce what you can do.



People can try to fit as much as possible in on better days (over-pacing) and then suffer and avoid activity on the bad days (under-pacing). This can lead to muscles getting weaker and joints getting stiffer, which over time makes activity even more difficult. The constant changing between good and bad days can make it hard to plan.



What is pacing?

Pacing means evening out the amount you do. Pacing is hard but can help to increase your activity levels in the long run.

It can help to ask yourself these ABC questions:

- **Activity** – how much activity is right for me? How long can I do something for without my pain getting worse?
- **Balance** – What is the best balance of rest and activity for me? When do I need to change position?
- **Consistency** – How can I keep doing a similar amount every day? How can I spread tasks out across the week?

Tips to help you pace better

- **Plan**
- **Prioritise**
- **Pace**

Resources

<https://my.livewellwithpain.co.uk/>

<https://butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

If you need this information in another format or language, please ask a member of staff.

Next Generation Text

We use Next Generation Text for people with hearing difficulties.

To contact us ring 18001 01274 365277.

Wristbands

When you are in hospital it is essential to wear a wristband at all times to ensure your safety during your stay.

The wristband will contain accurate details about you

on it including all of the essential information that staff need to identify you correctly and give you the right care. All hospital patients including babies, children and older people should wear the wristband at all times.

If you do not have a wristband whilst in hospital, then please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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Publish date: July 2019

Review date: July 2021