

Remember:

- Plan
- Prioritise
- Pace.

Please talk to your persistent pain therapist to help you understand more about pacing and how you can use it.

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) by visiting www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

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All our patient information leaflets are reviewed every three years.

Patient information

What is pacing?

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What is pacing?

- Breaking down tasks into smaller, more manageable chunks.
- Stopping **before** the pain increases.
- Changing position or having a short period between activities rather than one long rest when you have finished.
- Spreading things out over a day or a week.
- This can be applied to any task or activity.

What is the over activity/under activity cycle?

- This is also known as **boom and bust**.
- It is doing lots of activity on a good day and then not so much activity on a bad day.
- Over time this leads to increasing weakness, stiffness and changes in mood, for example frustration or reduced motivation.

What are baselines?

- The length of time or number of times you can do something **before** the pain increases.
- You should stick to the same amount on a good day or a bad day.

How do I work out my baseline?

- Try an activity on three different days.
- Time how long you can do it for before your pain increases.
- Take the lowest number and start doing this amount regularly.
- This can be slowly built up over time.
- Speak to your therapist about how to do this.