

Pacing up

After a few weeks you will hopefully feel it is getting easier to do your daily walk. This is a good time to gradually increase what you are doing.

We suggest increasing by one or two minutes every few weeks.

This is so your body gradually gets used to the walking. Increasing too quickly can lead to flare ups.

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

Walking programme

This leaflet explains how to pace your walks to make them a manageable part of your day. It also explains how to gradually increase your walking over time.

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Walking

Exercise is important for maintaining your physical and mental health. Walking is a free way to improve your fitness.

Often when people are in pain they will push hard to do as much as they can. This can lead to their pain increasing.

What we recommend is finding an amount of walking that you can do **every** day and keep this the **same**.

Baselines

A baseline is an amount of activity you can do **comfortably** even on a bad day and this is where you start.

So rather than varying your activity depending on whether you are having a good day or bad day - start with a baseline low enough so that you can still do it on a bad day.

This means that you are in control of your walking, not your pain.

Walking programme

This is doing a walk outside every day at your baseline amount. Do not do more or less than your baseline.

This should feel manageable and may be less than you normally do.

It is a good idea to have a 'rainy day' plan.

Working out your baseline

1. Time how long you can comfortably walk for on three different days.

Doing this on good, bad and average days will help. If you only do the walking on good days this will mean your baseline gets set too high.

2. Use this space to write down how long you comfortably walked for on three different days:

Test day one_____minutes

Test day two_____minutes

Test day three_____minutes

3. To work out your baseline we add the three numbers together then divide by three. This is your baseline.

If you are unsure how to work this out please ask your therapist.