

THE



FOUR P'S

ENERGY

CONSERVATION FOR

PAIN MANAGEMENT



SPLENXIE
Services & Support



ENERGY CONSERVATION FOR PAIN MANAGEMENT



1. PRIORITIZING

By reviewing your task list and prioritizing what is most meaningful to you and what you value, you can plan to complete them at the most optimal times. For example those moments in the day when you have less pain or when you are most alert.

2. PACING

- This means proceeding at a tempo right for you and your pain.
- This means taking small or large breaks.
- This means breaking larger tasks into smaller tasks.
- This means not over doing it on days when you have less pain.

3. PLANNING

- The focus here is on how you schedule your day and week that is optimal to your pain management.
- Include time for rest breaks, journalling, breathing exercises.
- Allow enough time to avoid rushing.
- Use a diary, calendar, to do list and reminder alarms.

4. POSITIONING

There is more than one way to achieve a task to promote safety, minimise aggravation and create choice. You can change what you do with your body (eg. sit to dress), you can change your environment (eg. keep frequently used items at an accessible height), or you can use adaptive equipment (eg. jar openers).