MY 3Ps FLOW CHART

Will it cause so much discomfort or tiredness that I can't function for a long time after?

YES → Can I **pace** by making activities more manageable: modifying it into smaller chunks/adding rest periods/alternating postures and movements?
Or
Can I use a small aid or adaptation to make it easier for me?
Or
Could I ask for help with the parts that I find difficult?
Or
Could I **prioritise** this over another activity or park it for a different day or time
Or
Could I **plan** this differently to reduce my discomfort

NO ↓

Considering my current symptoms will I be able to complete the task/activity?

NO → Can I **pace** by making activities more manageable: modifying it into smaller chunks/adding rest periods/alternating postures and movements?

YES ↓

Is there time for me to recover between one activity and the next task I have planned?

NO → Can I **pace** by making activities more manageable: modifying it into smaller chunks/adding rest periods/alternating postures and movements?

YES → Let's do this!

NO →

Stop! Best to avoid except for emergencies.

PROBABLY → Let's do this!

Let's do this!

NHS
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Pain Management Therapy Team 2023