



TALL TREE

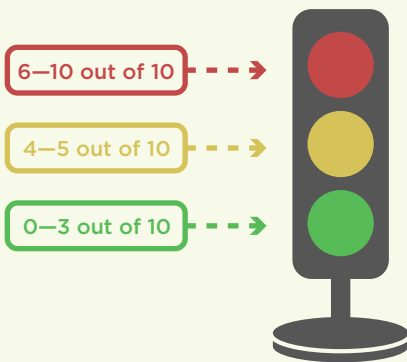
24 HOUR PAIN MONITORING

IF YOU ARE LOOKING FOR GUIDANCE ON HOW TO GET OR STAY PHYSICALLY ACTIVE WHEN YOU HAVE PAIN, USE THE 24 HOUR PAIN MONITORING DECISION TOOL:

If your symptoms are the same, better or a little bit worse during or after an activity then returns to baseline within 24 hours, you are doing well. Remember you can be sore but safe.

If your symptoms are profoundly worse after your activity and lasts longer than 24 hours, modify or reduce the workload and continue with the activity plan.

“Hurt Does Not Equal Harm Or Damage”



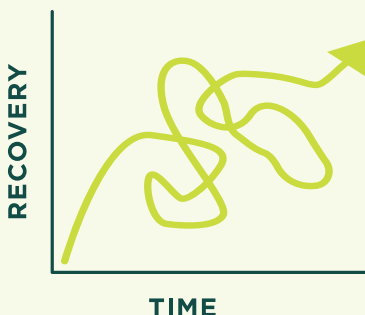
GETTING MORE ACTIVE? USE THE TRAFFIC LIGHT SYSTEM:

RED LIGHT activities are ones that are quite distressing and consistently increase pain beyond a 24 hour period, so we do less of them initially.

YELLOW LIGHT activities may cause some pain or discomfort, they tend to settle quickly, and so we proceed with some caution. Consider this a nudge or a gentle push towards growth and greater activity tolerance.

GREEN LIGHT activities that are ones that provoke minimal to no pain or discomfort and so we continue with them as usual.

“Sore But Safe”



ROAD TO RECOVERY:

There can be 'bumps' or symptom flares along the road to recovery and although these bumps can be distressing and uncomfortable, they are normal and provide opportunities for learning. As we reach new heights we begin to engage with a new 'red light' territory and as a result may experience an increase in symptoms. This is an inevitable part of growth and recovery as your capacity expands. During these periods of growth, reflect back on the 24 hour pain monitoring tool, recall a mantra such as 'sore but safe' and continue with your activity plan.