

# PACING FOR PAIN

## WHY IS this topic important for chronic pain management in kids?



Pediatric chronic pain is most effectively managed when physical activity is included in the management plan. Many individuals struggle, however, to figure out how much activity is safe and helpful and when the level of activity actually worsens the pain. Furthermore, many youth are struggling during this pandemic to figure out how to incorporate physical activity into their daily routines when we are all being asked to stay at home and physically distance.

### TIPS for Kids

Figure out your starting point. Develop trust with your protective brain; your brain thinks it's trying to protect you by limiting you! Limit how often you hit your "crash point". Gradually increase duration/intensity with time.

Start low, go slow. Start with an amount of exercise that seems to easy. GRADUALLY increase the duration or intensity every few days.

Be consistent. 4-6 days per week is usually a good start to any exercise routine.

### TIPS for Parents Supporting Kids

Talk to your child or youth about how they want you to support them. Do they want to exercise with you? Would a reminder be helpful? Do they need a reward system to be implemented?

### KEY POINTS of Mindful Movement:



Exercise is good, regardless of your condition. Take time to figure out the right type and dose!



When in doubt, consult a professional. We can usually help, even virtually!

## **THINGS TO CONSIDER** BEFORE your workout...

- ✓ What do I want to get out of this workout? (strengthening, cardio, etc.)
- ✓ Does the source seem to be reliable?
- ✓ Does the instructor show their credentials? Do I know what the credentials mean?
- ✓ Are there any risks to this treatment?
- ✓ How long is this workout? Should I do the full length? Is it long enough?
- ✓ Does the workout include a warm-up and a cool-down?

## **THINGS TO CONSIDER** DURING your workout...

- ✓ Are there any movements I was told to be cautious about by my physio or doctor?
- ✓ How does this workout make me feel? Is that okay?
- ✓ Is there anything I should modify during this workout?

## **QUESTIONS** AFTER your workout...

- ✓ Did I enjoy this workout?
- ✓ What do I notice about my body?
- ✓ Do I have questions about any of the movements, exercises, or positions?
- ✓ Did I work too hard? Did I work hard enough?

*It is important to trust your own instincts. If something does not seem right to you, then talk it over with someone that you trust.*

## **LEARN MORE** about Mindful Movement

Learning about chronic pain -

<https://www.aboutkidshealth.ca/Article?contentid=2983&language=English>

Yoga for Beginners, *Yoga with Adrienne* -

[www.youtube.com/playlist?list=PLui6Eyny-UzzWwB4h9y7jAzLbeuCUczAl](http://www.youtube.com/playlist?list=PLui6Eyny-UzzWwB4h9y7jAzLbeuCUczAl)

Yoga for Beginners, *Sarah Beth Yoga* -

[www.youtube.com/results?search\\_query=sarah+beth+yoga+beginner](http://www.youtube.com/results?search_query=sarah+beth+yoga+beginner)

Yoga for Beginners, *Do Yoga With Me* - [www.doyogawithme.com/yoga-beginners](http://www.doyogawithme.com/yoga-beginners)

Fitness Blender - [www.youtube.com/user/FitnessBlender](http://www.youtube.com/user/FitnessBlender)

BeFiT - [www.youtube.com/user/BeFit](http://www.youtube.com/user/BeFit)

Hybrid Athlete - [www.thehybridathlete.com/store/](http://www.thehybridathlete.com/store/)



Ontario  
Chronic Pain  
Network

## My Activity Journal

Use this journal each time you participate in physical activity of any sort. Do your best to fill in each column. Most kids and teens say it is best to write things down right after you do them or at least once a day.

Date	Activity	Duration or Distance	Intensity	Notes
<b>Duration Distance</b>	This column is where you share how long you were active for, or how far you were able to go while being active.			
<b>Intensity</b>	This is where you can share how hard you feel like you are working to participate in that activity. Some kids use either of the scales below (green, yellow, red OR numbers) <div style="display: flex; justify-content: space-around; align-items: center; text-align: center;"> <span style="color: green;">0</span> <span style="color: green;">1</span> <span style="color: green;">2</span> <span style="color: green;">3</span> <span style="color: yellow;">4</span> <span style="color: yellow;">5</span> <span style="color: yellow;">6</span> <span style="color: yellow;">7</span> <span style="color: red;">8</span> <span style="color: red;">9</span> <span style="color: red;">10</span> </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <span>LOW INTENSITY</span> <span>MEDIUM INTENSITY</span> <span>HIGH INTENSITY</span> </div>			