

Chronic Pain Management Programme

Exercise Diary

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

This is your exercise diary as discussed on the pain management programme. It is for you to keep and use to monitor your exercise. It will allow you to see how you are responding to regular gentle exercise and show the benefits of regular exercise.

You will need to do exercise even on a day that the pain seems worse. To do this you will need to apply the skills you will learn on the pain management programme. On each page there is an exercise and a table to fill in how many repetitions you did in one minute. If you are having a bad day with the pain it can be helpful to use a different coloured pen so you can see how well you did even on a bad day.

This diary is for your information and a guide to increase your exercise and activity. We will not ask to see it. If you want to bring it to future sessions to discuss with us then please feel free to do so.

If you have any questions please contact the Chronic Pain Management service on 01902 307999 Ext 5122.

Exercise 1

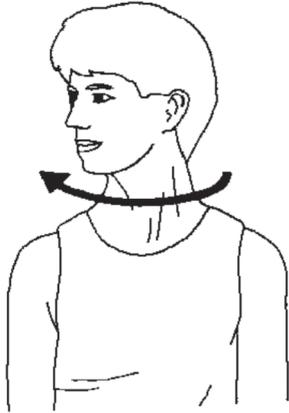


Sit or stand.

Roll your shoulders in both directions.

	Number of Repetitions							
Week	1	2	3	4	5	6	7	8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Exercise 2

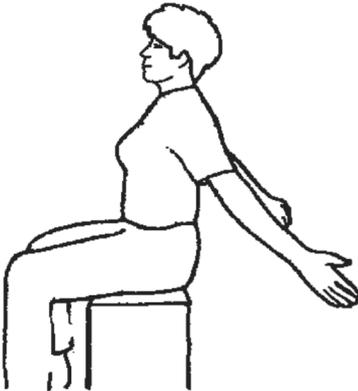


Sitting.

Turn your head to one side until you feel a stretch. Hold approx. 5 secs. Repeat to other side.

	Number of Repetitions							
Week	1	2	3	4	5	6	7	8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Exercise 3

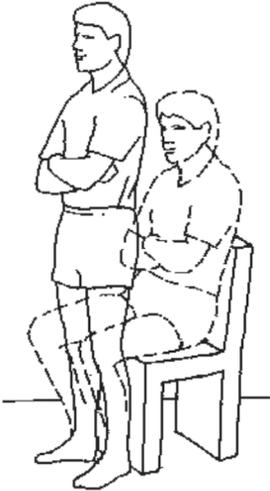


Sit with your back straight and feet on the floor.

Pull your shoulder blades together while turning your thumbs and hands outwards.

	Number of Repetitions							
Week	1	2	3	4	5	6	7	8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

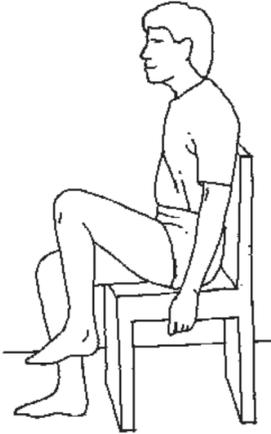
Exercise 4



Sitting with your arms crossed. Stand up and then sit down slowly on a chair.

	Number of Repetitions							
Week	1	2	3	4	5	6	7	8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

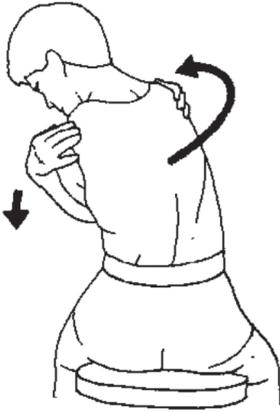
Exercise 5



Sitting on a chair. Lift your leg up off the seat keeping the knee bent. Return to starting position.

	Number of Repetitions							
Week	1	2	3	4	5	6	7	8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Exercise 6



Sit on a chair and cross your arms over your chest.

Bend your upper trunk forward while rotating and side bending to the same side. Let your eyes follow the movement.

	Number of Repetitions							
Week	1	2	3	4	5	6	7	8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Exercise 7

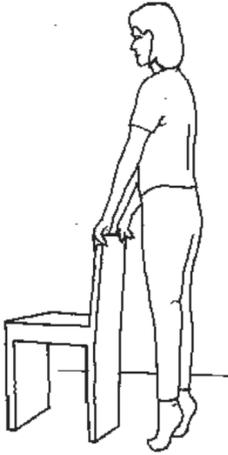


Lying on your back with knees together and bent.

Slowly roll your knees from side to side keeping your upper trunk still.

	Number of Repetitions							
Week	1	2	3	4	5	6	7	8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Exercise 8



Stand (with support if needed).

Push up onto your toes.

	Number of Repetitions							
Week	1	2	3	4	5	6	7	8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。