

The 4 P's of Energy Conservation

- Returning to daily activities (e.g., school, work, sports, life) is important for concussion recovery.
- After 24-48hrs of rest, **gradually increasing your activities** is helpful for your recovery.
- You may be experiencing fatigue or other symptoms more easily when doing these activities.
- However, using strategies that help you **PRIORITIZE, PLAN, PACE, AND POSITION** can help you do your daily activities. **Use the 4 P's below to help you return to activities that are important to you.**

PRIORITIZE: What is important?

- Decide: What is important? What can you do based on how you feel?

Break activities into:

- Urgent/important: must be done today or the next few days
- For later/needs help: must be done this week or month, done when you feel better, or done with someone's help

TIPS: Use a To Do List to help prioritize

PACE: How are you going to do it?

- It may take more time to complete activities as you recover
- Take breaks throughout the day (not just when fatigued/tired)
- Breaks can include deep breathing and meditation
- Breakdown activities into smaller tasks and complete activities in stages

TIPS: Use a timer to help pace your activities

PLAN: What are you going to do?

- Organize the activities you need to do
- Do prioritized activities that need more energy at times when you feel best
- Plan rest breaks as a part of your routine
- Plan a variety of activities in your day (e.g., physical vs. cognitive tasks)
- Planning saves mental energy and helps you keep track of your daily activities

TIPS: Use a planner to help plan

POSITION: Where are you going to do it?

- Your environment and body position can affect how you feel and how well you do your activities
- Think about your environment and how you stand/sit in it
- Noisy, distracting, & busy environments may use more of your energy. Avoiding these may help your recovery

TIPS: Find a quiet environment & sit up straight with good posture

Sample Return to Activities Daily Sheet



Questions to consider:

- What is important?
- When do they have to be done by?
- When is the best time to do these activities, for how long?
- Who or what can help?
- What breaks will you take?
- How can you break up tasks so they are manageable?
- Where can you do your activities so you feel best?
- What supports or accommodations will help you do these activities?

My priorities/goals:

- 1.
- 2.
- 3.

Today's plan (include activities & breaks, and location):

- 1.
- 2.
- 3.

Strategies to support today's activities:

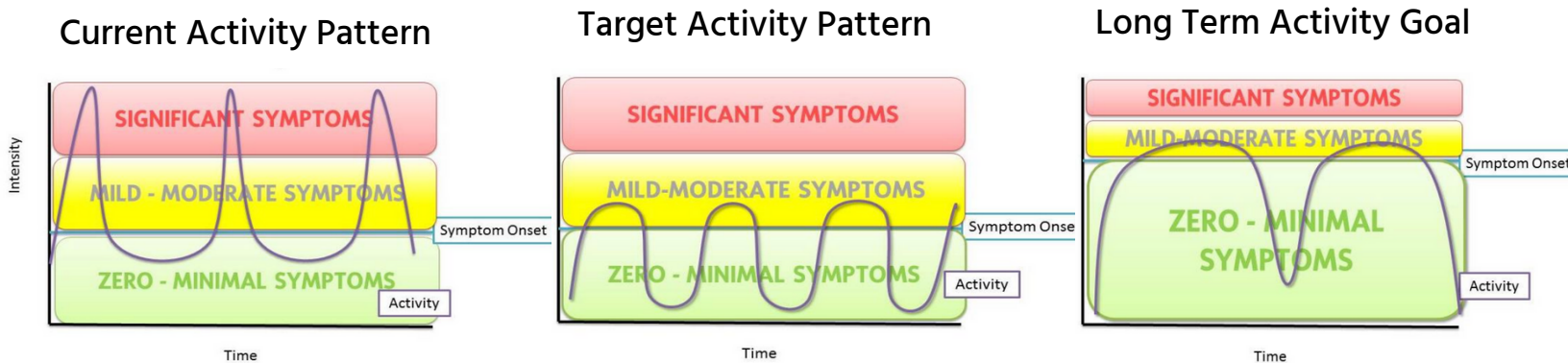
- 1.
- 2.
- 3.

Concussion Treatment & Rehabilitation

Sub-Symptom Threshold Activity

- You can progress through stages of your recovery while you still have some symptoms.
- It is an important part of your recovery to continue with your daily tasks and physical activity.
- These can be completed at something called a "sub-symptom threshold".
- The Red Zone is when your symptoms worsen or you develop new symptoms while doing an activity.

What does Sub-symptom Threshold Activity look like?



Activity patterns developed by Parkwood Hospital outpatient ABL team

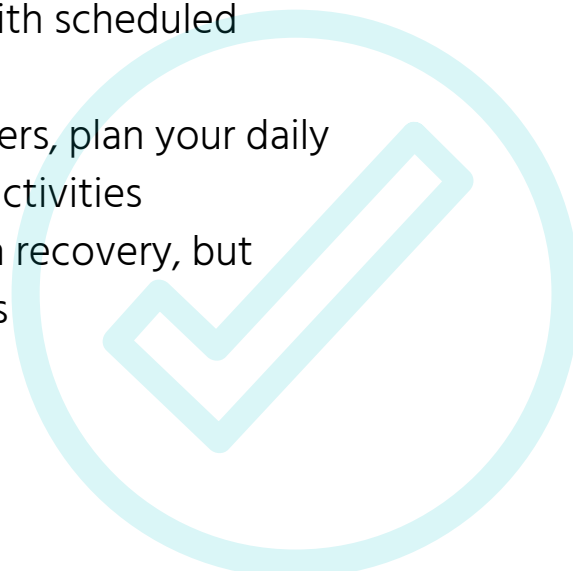
Doing too much or "pushing through" can make your symptoms worsen and take many hours or days to recover from. This may prolong your recovery.

With planning and pacing you will be able to engage in activities for longer without new or worsening symptoms.

Remaining below the symptom threshold and stopping activities before entering the red zone helps to support your recovery.

Green and Yellow Zone Strategies

- **Shorter bouts** of exercise, cognitive activities, or screens with rest in between
- **Switching** between different kinds of activities (e.g. reading to walking)
- Complete **structured** and **paced** activities with scheduled breaks throughout the day
- Use planner/ agenda/ technology to set timers, plan your daily walks, use as a memory aid, and track your activities
- **Remember:** doing nothing will not help with recovery, but doing too much can prolong your symptoms



Additional Resources:

- www.cattonline.org
- www.parachute.ca/concussion
- <https://braininjuryguidelines.org/concussion/fileadmin/media/appendices/appendix-2-2.pdf>
- <https://www.sjhc.london.on.ca/regional-acquired-brain-injury-outpatient-program/patients/activity-and-exercise>
- <https://www.sjhc.london.on.ca/regional-acquired-brain-injury-outpatient-program>