Occupational Therapy
Joint Protection and Fatigue Management

- Joint Protection principles
- Why is it important?
- The 4 P’s ~ planning, pacing, positioning, protecting

- Fatigue Management
- Why is it important?
- Strategies to help
Joint Protection

- To have an awareness of everyday activities/movement in relation to joints
- Analyse movements and activities - to find solutions to reduce pain and tiredness
- Slowly change activities and movements to reduce strain on joints, reduce pain, fatigue and deformities
- Regular hand exercises to maintain strength and mobility
Why is joint protection important?

- Reduce pain
- Less early morning stiffness
- Fewer flare-ups
- Able to achieve more
The 4 P’s ~ Planning

- Think before you start - can you be more efficient?
- Can you re-organise things?
- Can you cut out certain jobs, delegate, do less frequently?
- ‘do’ when you’re at your best
The 4 P’s ~ Pacing

- Little and often
- Take regular breaks - change position, stretch
- Mix heavy and light jobs
- Do harder/more tiring jobs when fresh
The 4 P’s ~ Positioning

- Think before you start
- Monitor your posture - sitting, standing, driving, working
- Try to keep joints in good alignment
The 4 P’s - Protection

✿ Lifting and twisting = joint strain
✿ Look at how you use joints. Can you work differently?
✿ Can gadgets help?
Fatigue Management

- Recognise your symptoms and reactions -
  - Physical - pain, poor sleep
  - Emotional - stress, worry, depression
  - Psychological - coping
  - Environmental - noise, temperature, traffic, queues
Why is it important?

- Balance to life, control
- Overdoing things = total rest, frustration, pain, inflammation, ‘yo-yo’ effect
- Decrease irritability, stress
- Improve concentration
- Improve sense of humour
Strategies to manage Fatigue

- Balance - rest and relaxation are important
- Activity - exercise
- Be kind to yourself
- Diversions - reading, hobbies