

# 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