

Patty's PT Tips

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Energy Conservation

February 16, 2022

1. Eliminate unnecessary tasks (Can someone else do this? Is it just a habit?)
2. Reduce the amount of energy used in one task by simplifying it or using an assistive tool to leave energy for additional necessary tasks (or ask-is it really necessary?)
3. Look at the day ahead or the week ahead as a whole to help with pacing
4. Organize tasks (make lists)-i.e. what do I need to do in this one room? Keep the most immediate task list in a prominent place. Keep long term task list where you will see it more frequently and set goal for date of completion
5. Schedule most strenuous activities during periods of highest energy
6. Alternate strenuous tasks with easy tasks with rest periods. This may be only 5 minutes of deep breathing
7. Divide larger tasks into smaller, sequential tasks-achieve small goals
8. Combine tasks to minimize the number of trips (What else do I need from this location?) May use a walker basket or a rolling shopping cart to transport more than one item to the necessary destination. This might be even a small rolling suitcase or kids rolling book bag
9. Minimize whenever possible (How clean is clean?) ie use an easier recipe or pre-cut vegetables, pre made jar sauces, have butcher precut meat
10. Rest frequently but avoid very low, cushy chairs
11. Take Naps-sometimes 15 minutes does the trick. Use an alarm to wake you.

12. Can this task be accomplished sitting down so I have energy for things that must be accomplished in standing? i.e. Chopping veggies seated vs. standing at the stove
13. Use long handled reaching tools, gardening tools etc. to take it easy on your back and diminish the need to shift out of your center of gravity
14. Use jar openers, gripping tools
15. Use large barreled pens/pencils to reduce grip force or use voice activated devices on your phone to make lists or send texts
16. “Good Grips” kitchen tools-for safety and ease
17. Prioritize your exercise program-increased strength and endurance will offer greater strength and endurance later on for performing your daily activities
18. Work smarter not harder! Pay attention to the clock and plan how long you think you can focus on a task. Cognitive fatigue is profound and influences physical fatigue and visa versa
19. Balance, visual deficits and emotional stressors affect physical endurance and quality of movement. Working on those factors will ultimately influence your quality of life.

THE HURRIER I GO, THE BEHINDER I GET....OLD AMISH SAYING