



ST VINCENT'S  
HOSPITAL  
MELBOURNE



Barbara Walker Centre  
for Pain Management

# START Program for Persistent Pain

## *“Selected Targets of Activity ReTraining”*

**Name:**

**Group:**

**Program dates:**

**Group review dates:**

One month review:

Six month review:

Twelve month review:



# START Program

## Goal Setting & Planning



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Goal Setting

Area of Life	What is the activity you want to increase or get back to?	How are you going to measure it? (e.g. time, distance, repetitions)	How often do you want to do the activity? (e.g. daily, weekly, monthly)	Realistically, how much can you achieve in the next 3 weeks?
Home Tasks				
Work & Study				
Family & Relationships				

Goal Setting

Area of Life	What is the activity you want to increase or get back to?	How are you going to measure it? (e.g. time, distance, repetitions)	How often do you want to do the activity? (e.g. daily, weekly, monthly)	Realistically, how much can you achieve in the next 3 weeks?
Social				
Hobbies & Leisure				
Exercise				

## Weekend Plan 1

What am I hoping to achieve?

Saturday

Sunday

What strategies will I use over the weekend?

What will I do differently next time?

## Weekend Plan 1

Use this form to help you plan out your day

**Day / date:** \_\_\_\_\_

- **Planning** will help you to achieve your goals during the weekend
- **Pace** your day to achieve an even distribution of activity throughout the day
- **Persist** in using your strategies (e.g. pacing, relaxation, cognitive therapy, problem solving, stretches etc)

Time	Activity	Comments
5am		
6am		
7am		
8am		
9am		
10am		
11am		
Noon		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
11pm		
Midnight		
1am		
2am – 5am		

## Weekend Plan 1

Use this form to help you plan out your day

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5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
11pm		
Midnight		
1am		
2am – 5am		

## Weekend Review 1

What did I achieve?

What challenges were there?

What strategies did I use?

What will I work on next time?

## Outing Plan 1

My goal for my outing is (e.g. a task or activity that is moderately challenging):

I will use the following strategies (pain management strategies) during my outing:

Possible problems or difficulties that may arise during my outing are:

I will cope with these problems or difficulties by:

## Outing Review 1

What did I achieve?

What challenges were there?

What strategies did I use?

What will I work on next time?

## Weekend Plan 2

What am I hoping to achieve?

Saturday

Sunday

What strategies will I use over the weekend?

What will I do differently next time?

## Weekend Plan 2

Use this form to help you plan out your day

**Day / date:** \_\_\_\_\_

- **Planning** will help you to achieve your goals during the weekend
- **Pace** your day to achieve an even distribution of activity throughout the day
- **Persist** in using your strategies (e.g. pacing, relaxation, cognitive therapy, problem solving, stretches etc)

Time	Activity	Comments
5am		
6am		
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3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
11pm		
Midnight		
1am		
2am – 5am		

## Weekend Plan 2

Use this form to help you plan out your day

Day / date: \_\_\_\_\_

- **Planning** will help you to achieve your goals during the weekend
- **Pace** your day to achieve an even distribution of activity throughout the day
- **Persist** in using your strategies (e.g. pacing, relaxation, cognitive therapy, problem solving, stretches etc)

Time	Activity	Comments
5am		
6am		
7am		
8am		
9am		
10am		
11am		
Noon		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
11pm		
Midnight		
1am		
2am – 5am		

## Weekend Review 2

What did I achieve?

What challenges were there?

What strategies did I use?

What will I work on next time?

## Outing Plan 2

My goal for my outing is (e.g. a task or activity that is moderately challenging):

I will use the following strategies (pain management strategies) during my outing:

Possible problems or difficulties that may arise during my outing are:

I will cope with these problems or difficulties by:

## Outing Review 2

What did I achieve?

What challenges were there?

What strategies did I use?

What will I work on next time?

Home Goals

Goal (What is it I want to achieve? Be specific)		Changes I can make over the next four weeks (Things I need to do / work on to achieve <u>my</u> goal)
Home tasks		
Paid work, Study, Voluntary work		
Family activities, Relationships		

Home Goals

Goal (What is it I want to achieve? Be specific)		Changes I can make over the next four weeks (Things I need to do / work on to achieve my goal)
Social activities		
Recreation, Sport, Hobbies		
Other		

## My Pain Management Plan

What are the things I need to do regularly to manage my pain?

What are the things I can to do to prevent a pain flare?

Who are the people involved in my management plan?

## My Flare Management Plan

What are my warning signs/triggers for a pain flare?

What are the things I can do to manage a pain flare?

What are the things I need to remind myself of when I have a pain flare?

Who are the people involved in my pain flare management plan?

# START Program

## Pain Medicine



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## Introduction and Physiology of Pain

1. What is pain?
2. Why is my pain not going away?
3. What can I do about chronic pain?

## Medical Treatment of Pain

1. How do drugs work?
2. Main drug groups
3. Withdrawing from medications

#### 4. Scans and tests

#### 5. Medical Trials

## The Way Forward

# START Program

## Nursing



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## Communication

My most commonly used communication style:

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Example of Passive Communication:

How I might be assertive instead:

Example of Aggressive Communication:

How I might be assertive instead:

Example of Assertive communication:

What made this helpful?

Communication Styles

	Passive	Assertive	Aggressive
How			
Why			
Effect on me			
Effect on others			

Reasons for Improving my Sleep Hygeine

Why?	What gains will I make?

Problem Solving Barriers to Sleep Hygiene

Change to make

What is the barrier?

What are my options?

# START Program

## Physiotherapy



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## Physiotherapy Overview

### Aims of Physiotherapy

- Learn about the benefits of exercise
- Challenge your fears about exercise and movement
- Reverse any secondary deconditioning effects and postural changes associated with your pain
- Incorporate the use of cognitive behavioural therapy skills into physical activity
- Help your work towards your goals and return to activity

### Components of Physiotherapy in the START Program

Walking video:

- A video of you walking will be taken on day 1 and day 15
- The aim of the video is to show the changes in your walking pattern and posture from the beginning to the end of the program

Timers:

- Everyone will be given a timer to use and keep for exercises and practice of your sitting, standing and walking tolerances

Sitting and standing tolerances:

- The aim of practicing your sitting and standing tolerances is to increase the time that you can sit and stand for, using 'pacing up' skills
- This will be taught how to do this on day 2 of the program
- You will complete 2 trials, calculate a baseline, then pace up the amount of time you can sit and stand for each day

Stretches:

- Stretches will be taught on day 1 of the program
- Stretches are to be completed twice a day, every day – once during the program and once at home
- Stretches need to be completed regularly to be beneficial
- All major muscle groups in the body are stretched to improve your flexibility, movement, body symmetry and the circulation to your joints and muscles
- Everyone in the group completes the same stretches – some of the stretches will relate to your specific area of pain more than others but it is important to complete all stretches to get the full benefit
- Each stretch is held for 15 seconds and repeated twice
- Only move to the point where you feel a stretch and not to where you feel an increase in pain

Strength, fitness and functional exercises:

- The functional exercises are designed to mimic normal daily activities – the aim of these exercises is to increase your strength and tolerance for functional daily activities
- The other exercises are designed to increase your strength and fitness
- You will be shown each exercise in the first few days of the program and practice your skills of pacing these up over the 3 weeks
- You will be given individualized exercises that relate to your specific areas of pain, weakness and/or goals in week 2

**Daily walk:**

- The aims of the daily walk are to improve your walking pattern, posture and endurance
- The first walk will be during lunchtime on day 2 of the program, across the road at the Carlton Gardens
- The walk will then be completed once a day at lunchtime
- You will be supervised on the walk during the first week of the program
- During week 2 and 3 of the program it will be your responsibility to do the 12 minute walk independently during your lunch break
- You will complete 2 trials, calculate a baseline, and then pace up (increase) your walking endurance each day
- The maximum distance you can walk in 12 minutes is about 1200metres – if you reach this distance you just need to maintain the same distance each day, instead of pacing up

**Things to Remember About Exercises:**

- You will be shown the correct technique for each exercise
- You will be shown how to do trials and calculate baselines for each exercise
- It is your responsibility to fill out exercise sheets each day
- It is your responsibility to increase your exercises each day
- Please ask if you are not sure how to do the exercise, fill in the exercise sheets or increase your exercises
- When you reach the maximum repetitions of some exercises you will be shown how to progress them

**Things to work on at home:**

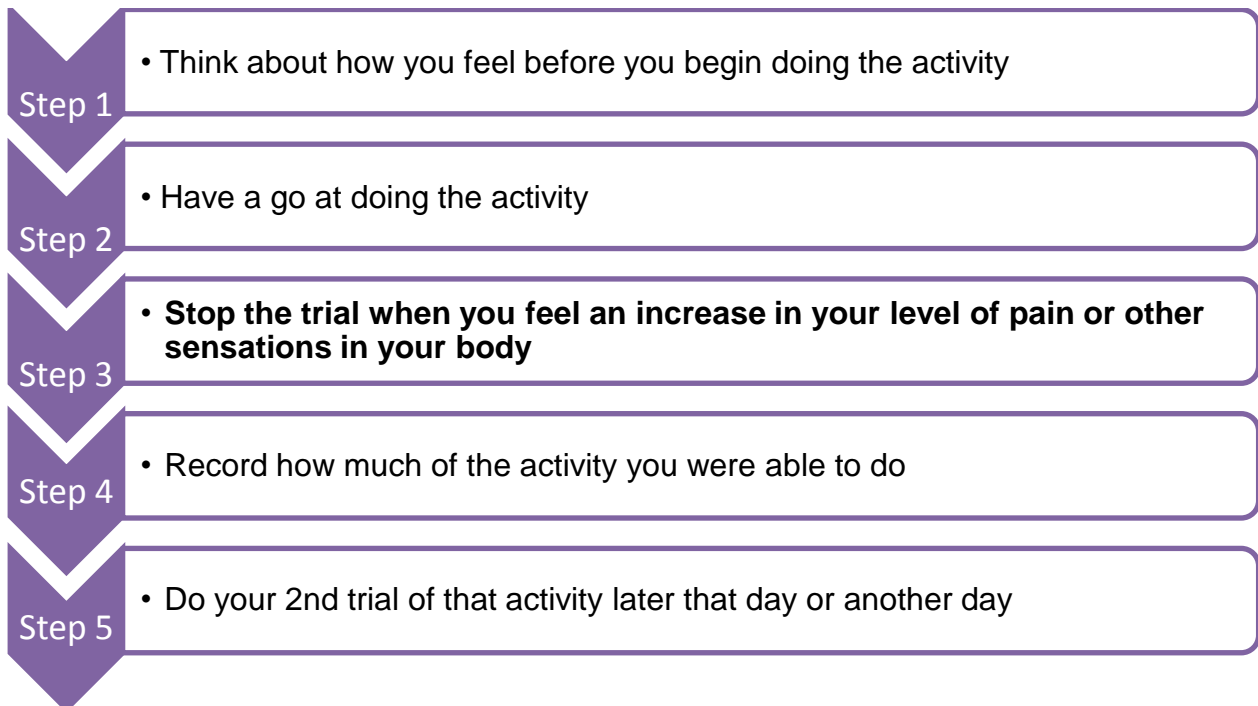
- Continue to practice your sitting and standing tolerances at home each day and on the weekend
- Complete your second set of stretches at home each night of the program, and twice a day at home on the weekends
- Complete all exercises at home on the weekends
- Complete the daily minute walk on the weekends
- Do trials of activities related to your goals at home at night or on the weekend, then start pacing up your tolerance for these activities

## Pacing – Trials

### What is a trial?

A trial is where you try out an activity to see how much of it you can tolerate doing without aggravating your pain.

A trial is used to work out your starting point (baseline) for different activities. From the baseline you can increase the activity gradually (pacing up) until you achieve your goal.



*These changes may be your warning signals for an increase in pain.  
Don't overdo it! Listen carefully to your body.*

- |   |  |
|---|--|
| <input type="checkbox"/> Pain or discomfort           | <input type="checkbox"/> Shortness of breath       |
| <input type="checkbox"/> Tingling or pins and needles | <input type="checkbox"/> Sweating                  |
| <input type="checkbox"/> Numbness                     | <input type="checkbox"/> Anxiety                   |
| <input type="checkbox"/> Tiredness/fatigue            | <input type="checkbox"/> Increase in temperature   |
| <input type="checkbox"/> Muscle tightness             | <input type="checkbox"/> Dizziness or light-headed |
| <input type="checkbox"/> Muscle cramps                | <input type="checkbox"/> Headache                  |
| <input type="checkbox"/> Increased heart rate         | <input type="checkbox"/> Nausea                    |

## Pacing – Baselines

### What is a baseline?

Your baseline is your current tolerance for an activity – it tells you how much you can do without overdoing it.

### How do I calculate my baseline?

After you have done two trials you can calculate your baseline for that activity. A baseline is 80% of the average of your 2 trials.

The way to work out a baseline from two trials is as follows:

1. Trial one + trial two =
2. Divided by two =
3. Multiplied by 0.8 = baseline

### Example – Timed two minute stair climb:

Bert got 24 steps (on Monday) for his first trial and 26 steps (on Tuesday) for his second trial. To calculate his baseline for steps Bert needs to do the following:

1. Trial one (24) + trial two (26) = 50
2. 50 divided by 2 = 25
3. 25 multiplied by 0.8 = 20 (baseline)

*Bert would then do 20 steps within 2 minutes (his baseline) on Wednesday.*

### Example – Twelve minute walk:

Bertha did 800 meters for her first trial (on Tuesday) and 600 meters for her second trial (on Wednesday). To calculate her baseline for the 12 minute walk Bertha needs to do the following:

1. Trial one (800) + trial two (600) = 1400
2. 1400 divided by 2 = 700
3. 700 multiplied by 0.8 = 560 (baseline)

*Bertha would then do 560 meters within 12 minutes (her baseline) on Wednesday.*

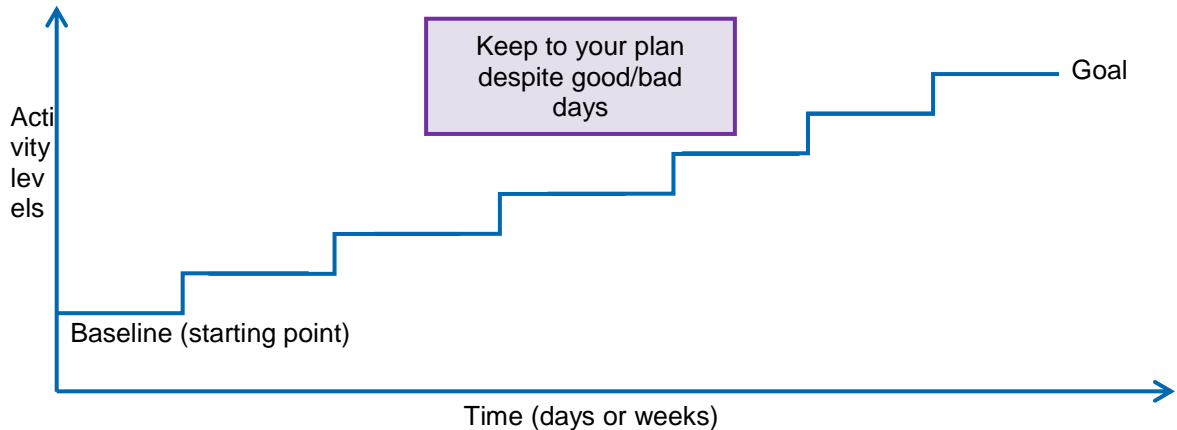
### Points to note:

- If your baseline is not a whole number (e.g. 3.5, 10.5) then you can just round it up or down to the nearest whole number
- If you are calculating the baseline for a timed exercise, convert the time to seconds (minutes multiplied by 60) for the calculation, then convert it back to minutes (seconds divided by 60)
- For the exercises using weights, use the same weights for your baseline
- For the bike, use the same resistance and calculate the baseline for the time
- For the treadmill, use the same incline and speed, and calculate the baseline for the time

## Pacing Up

### What does pacing-up mean?

- Pacing-up means gradually increasing your tolerance from your baseline so that you can do more of an activity
- Pacing-up is 'goal contingent' – this means it is based on the goal you set rather than your pain



### How can pacing-up help me?

- Pacing up will help to improve your physical condition, desensitise your nervous system, and allow you to work towards achieving your goals

### How much can I pace-up by?

- Pacing-up will be most successful if you increase by small increments on a regular basis
- There is no set rule for how much you should pace-up by, but a good guideline is **10% each day**
- It is important that you feel confident with the amount and rate that you choose to pace up so that you can achieve the goal you set yourself
- Make sure you write your goal down before you start your exercises or activities each day
- Then 'tick' the goal when you have completed it

### What can I do if I am having a good day and have less pain?

- Make sure stick to the goal and don't overdo it. Don't be tempted to overdo it when you feel good as this can lead to a boom and bust pattern

### What can I do if I am having a bad day and have more pain?

- You should still do the activity and try to achieve your goal. Don't avoid the activity as this can lead to the boom and bust cycle
- If you have trouble achieving the goal you can use pacing strategies to help you, e.g. take rest breaks in between the tasks, break-up the task, go slowly, change tasks/posture

## Pacing-up Guidelines

### *Treadmill:*

- Maintain the same speed and incline, pace-up the time until you reach 5min
- Then reduce the time (e.g. to 2 or 3 minutes) and increase either the speed or incline
- Then pace-up to 5min again
- Keep following this process until you achieve your goals

### *Exercise bike:*

- Maintain same level of resistance (e.g. level 1) and increase the time until you reach 5min
- Then reduce time (e.g. to 2 or 3min) and increase the resistance to the next level
- Then pace up time to 5min again
- Keep following this process until you achieve your goals or are working at a level that increases your heart rate enough to increase your fitness

### *Carrying buckets:*

- Use the same weight, increase distance to 120m (3 laps up and back of the corridor)
- Then increase the weight but reduce the distance to 40m (1 lap of corridor)
- Then pace-up to 3 laps (120m) again
- Keep following this process until you achieve your goal for carrying weight

### *Lifting floor to waist and waist to shoulder level:*

- Keep the weight the same, gradually increase to 10 reps
- Then increase the weight but reduce the reps
- Then gradually increase to 10 reps again
- Keep following this process until you achieve your goal for lifting weight

### *Timed exercises: (e.g. arm circles, sit to stand, stairs)*

- Pace-up your repetitions within the set time until you reach a ceiling of the amount you do within that time

### *All other exercises where you are only counting repetitions:*

- Increases repetitions gradually until you reach the 'maximum' of 20 reps
- When you reach the maximum reps, if the exercise is challenging enough you can continue the same reps and work on posture and technique
- If the exercise is easy and you want to progress further, ask your physio for a progression

## Sitting & Standing Tolerances

A sitting and standing tolerance is the amount of time you can tolerate staying in these positions for. During the START program you will work on increasing your tolerances for sitting and standing as this will help you to achieve your goals.

If you have goals that involve other positions (e.g. sitting without using the back of the chair for support, kneeling on the ground, sitting on the ground) you can increase your tolerances for these positions as well.

### **Working out your tolerance:**

- Do 2 trials for each position using your timer
- These can be completed during the education sessions or at home on day 2 of the program
- On day 3, you will be taught how to calculate your baseline tolerance for each position

### **Setting goals:**

- Set an overall goal that relates to the goals on your goals sheet
- Set a realistic goal to be achieved by the last day of the start program
- Work out how much you need to increase your tolerance by each day to achieve the goal you have set
- Try to increase your tolerances each day

### **When to practice your tolerances:**

- From day 3 on the program, it is expected that you practice your tolerances every day
- You can alternate between each of your tolerances throughout the day during the education sessions
- This means that your timer should always be set during the education sessions
- You do not need to practice your tolerances during the exercise or relaxation sessions
- It is recommended that you also continue to alternate your tolerances at home at the end the day and on the weekend
- Remember that the aim of continually practicing your tolerances is to help you achieve your goals and to stop you from overdoing the time you stay in one position

## Sitting & Standing Tolerance Chart

	<b>Sitting</b>	<b>Standing</b>		
<b>TRIAL 1 (Tues)</b>				
<b>TRIAL 2 (Tues)</b>				
<b>BASELINE (Wed)</b>				
<b>Short term Goal (End of START)</b>				
<b>Long Term Goal</b>				
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

	<b>Sitting</b>	<b>Sanding</b>		
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
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Wednesday				
Thursday				
Friday				

## Working Towards Your Goals

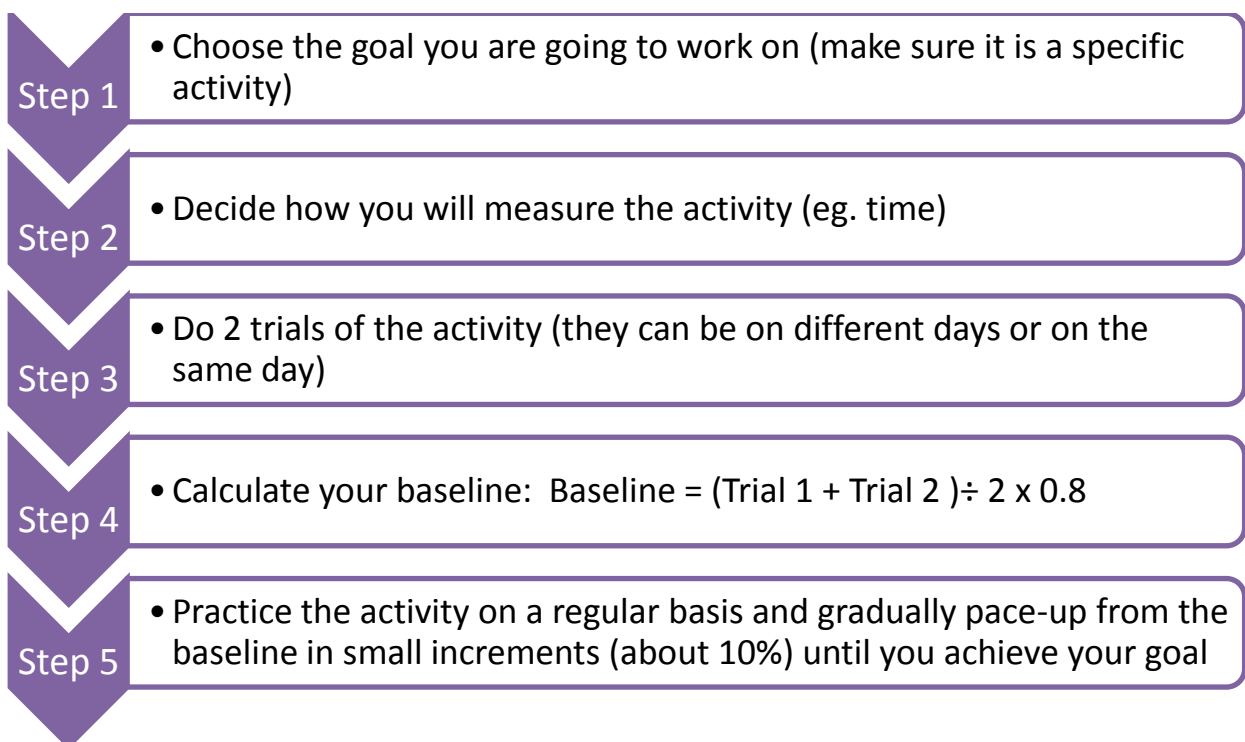
During the first week of the START program you have set goals that are important to you. You can begin working towards some of these goals during the START program. A good time to work on these goals is in the evenings or on the weekends.

### Which goals can I start with?

- Decide which goals are priorities for you
- Decide which goals you could begin working on during the START program
- Plan when you might be able to work on these goals

### How do I begin working on the goal?

Apply the process of doing trials and setting baselines that you have learnt with your physio exercises during in the first week of START:



Remember the SMARTER criteria when working on your goals:

SMARTER Goals:			
Specific	Measureable	Achievable	
Realistic	Timely	Evaluate	Reward

Record your progress with your goals on the following chart so can you keep track of where you are up to.

Bring your goal chart to your progress check sessions at the end of the day (4-5pm) so we can discuss your progress and answer any questions you may have.

[illegible]

- [illegible]

[illegible]



## Functional Goals

- When you start a new activity/goal you need to do two trials then calculate a baseline
- Pace up daily and gradually from the baseline until you achieve your goal
- Make sure you write the goal (pacing up plan) down before you do the activity each day
- Tick the goal each day when you have completed it

[illegible]



## Cardiovascular Fitness Training Zone

### Heart rate

- Heart rate is the number of beats your heart muscle performs in one minute
- The harder your heart is working, the more times it beats
- 'Target heart rate' is the optimal range to be in to improve your fitness

### Calculating your target heart rate

Target Heart Rate Range = 50% ↔ 80% of Maximum Heart Rate

To calculate your target heart rate range:

1. Maximum heart rate =  $220 - \text{Age} = \underline{\hspace{2cm}}$
2. Bottom of target heart rate range = Maximum heart rate  $\times 0.5 = \underline{\hspace{2cm}}$
3. Top of target heart rate range = Maximum heart rate  $\times 0.8 = \underline{\hspace{2cm}}$

Target heart rate range per minute =  $\underline{\hspace{2cm}}$  ↔  $\underline{\hspace{2cm}}$

4. When measuring heart rate when exercising it is easier to take your heart rate for 15 seconds than one minute. Divide by 4 to get target heart rate range for 15 seconds.

Target heart rate range per 15 sec =  $\underline{\hspace{2cm}}$  ↔  $\underline{\hspace{2cm}}$

### Taking your pulse

- Pulses can be taken at two main locations, use the location that is easiest to feel for you
- *At the wrist:* Lay your index finger and your middle finger over the flat part on the underside of your wrist, just under the base of your thumb
- *At your neck:* Put your index finger and your middle finger to the middle of your chin. Then move them to the center front area of your neck. From there go across about five centimeters.
- Use your timer or the wall clock to measure one minute. Over that time count how many beats you felt. Or, count the number of beats in 15 seconds, then multiply this figure by four. This is your pulse rate per minute. Compare this to your target range.

### When to take your pulse

- During START, you can take your pulse at the end of the 12 minute walk, after the bike, steps, and treadmill. If you are really puffed out in between take your pulse so you can check you are staying within your target range.

## Home Exercise Program

After 3 weeks of daily exercise and activity your body is now more physically conditioned. Your muscles, joints, nerves and tendons are more responsive, stronger and more flexible.

During START you have shown the ability to use your body in a greater capacity. You have achieved everyday tasks for many things such as lifting, carrying, pulling and pushing. You have practiced building up your tolerance for sitting and standing.

It is expected that during the next four weeks (and beyond) you continue to practice your START daily activities and exercises. Set goals for these in advance, and then complete the amount you have planned to do. This will assist in you reaching your long term physical goals.

Try to keep the amount of time that you are exercising consistent each day.  
Try to set a routine for when you do your stretches, exercises, walking and other activities.

### **Specific Exercise Guidelines:**

#### *Sitting tolerance*

Continue to increase your sitting tolerance until you reach your goal of \_\_\_\_\_ minutes, then work on integrating it into your daily routine.

It is recommended that you have a break after prolonged sitting (e.g. 30 minutes). This break could be standing up, marching on the spot, or doing a few stretches. If you cannot get up from the chair you can do some stretches or movements while sitting.

#### *Standing tolerance*

Continue to increase your standing tolerance until you reach your goal of \_\_\_\_\_ minutes, then integrate it into your daily routine.

When standing in one spot for prolonged periods (e.g. 10 minutes), it is recommended that you do some occasional movement to assist with circulation. This could be marching on the spot, going up and down on your toes, or doing stretches

#### *Stretches*

It is recommended that you continue the stretches twice a day. You can do either the standing or sitting stretches or a combination of both.

#### *Weights*

For exercises and activities that involve lifting weights, keep the weight the same and increase the repetitions until you reach the maximum.

Then increase the weight by 0.5kg or 1kg, but halve the repetitions. Gradually increase the repetitions again. Repeat this method of pacing up until you reach your goal for the amount of weight you are lifting. You can then continue the exercise at the goal weight, or integrate it into your daily routine.

#### *Daily walk*

Measure out a distance to complete your daily walk. If your goal is to walk for longer than 12 minutes, you can pace up the time you are walking for.

*Goal specific activities (e.g. gardening, driving, sitting at computer)*

Continue to pace up these activities until you reach your goal. Then you can integrate these activities into your regular routine. When new goals arise, continue to break them down into smaller goals or tasks, do trials to set your baseline then increase your tolerance gradually until you achieve your goal.

*Gym or exercises classes*

If you decide to commence a gym program, or join an exercise class, you will need to implement the same pacing strategies used for the START exercises. You may need to communicate with the instructors to let them know that you need to implement pacing strategies and that this will allow you manage your pain while exercising.

Home Exercise Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Home Exercise Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							



# START Program

## Pain Management Skills



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## Goal Setting & Motivation

Once we start to make some progress, we feel good – we are on our way! It is easy to feel inspired in those initial days or week... but what about later? One of the biggest obstacles to getting what we want is losing sight of our goal over time. We get distracted. We forget. We stop trying. We give up.

To remain motivated over the long haul, it is important not to lose sight of our goals. Just as certain strategies can inspire us to get inspired; others can help us to keep up the momentum over time.

### ***Display goal prompts***

A goal prompt is a word or short phrase that represents your goal and serves as a reminder of the things you want to achieve. For example: “communicate” may remind you of your decision to remain open and available whenever your partner brings up an issue that needs to be resolved, “enjoyment” may be a reminder of your decision to pace out housework so that you can incorporate more pleasurable activities into your life.

### ***Display photos and pictures that remind you of your goal***

Visual images can evoke powerful emotional responses that inspire us on a deeper level. A photograph or a drawing that captures the spirit of what you want to achieve may remind you to keep working on your fitness and endurance so you can climb the Eiffel tower, or walk the Great Ocean Road.

### ***Visualise***

Visualising successful outcomes is widely used as a motivational tool for reinforcing goals.

### ***Talk about it***

Talking about your goals reinforces your commitment and helps to keep you focused. Talking with people who share similar goals, or those who strongly support your desire to succeed, is particularly inspiring. It is also important to talk to the people who will be affected by your efforts.

### ***Focus on the rewards that you stand to gain***

The desire to receive rewards and avoid punishment is at the essence of all human behaviour. Be sure to include all the incidental rewards that will come with success, such as improved self-esteem, improved physical abilities, a sense of personal satisfaction, and increased engagement in social and fun activities.

### ***Reward yourself***

Although the joy of achieving a goal is usually its own biggest reward, sometimes setting an additional prize/reward that is conditional upon the completion of your goal can provide extra incentive. Rewards might include a new outfit, a night out at a special restaurant, a weekend away...

### ***Use quotes that inspire you***

A poem or a quote that is meaningful to you can provide additional inspiration to strengthen your desire to persist with your goal.

**Self-Efficacy Activity**

Write down a goal – something that you would like to achieve:

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List all the skills, abilities and strength you already have that will help you achieve this goal:

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Write down any of your past achievements that provide evidence that you are capable of achieving this type of goal:

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Describe the limiting thoughts or beliefs that cause you to doubt your ability to succeed. Next to each of these, write down some disrupting statements that directly challenge them:

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## Limiting Thoughts & Beliefs

When making changes in our lives, setting goals or starting something new, we often experience obstacles. There are two types of obstacles: psychological and logistical. Logistical obstacles include things like time constraints, financial constraints, low energy, needs of others and lack of skills. Psychological obstacles are often more challenging, and involve things like lack of confidence, fear of failure, low frustration tolerance and low self-efficacy.

You may have experienced some of these psychological barriers as you have worked your way through the problem. One barrier may have been limiting thoughts and beliefs about your ability to make changes. These types of thoughts can be a big barrier to achieving your goals.

What have been some of your limiting thoughts and beliefs throughout the program?

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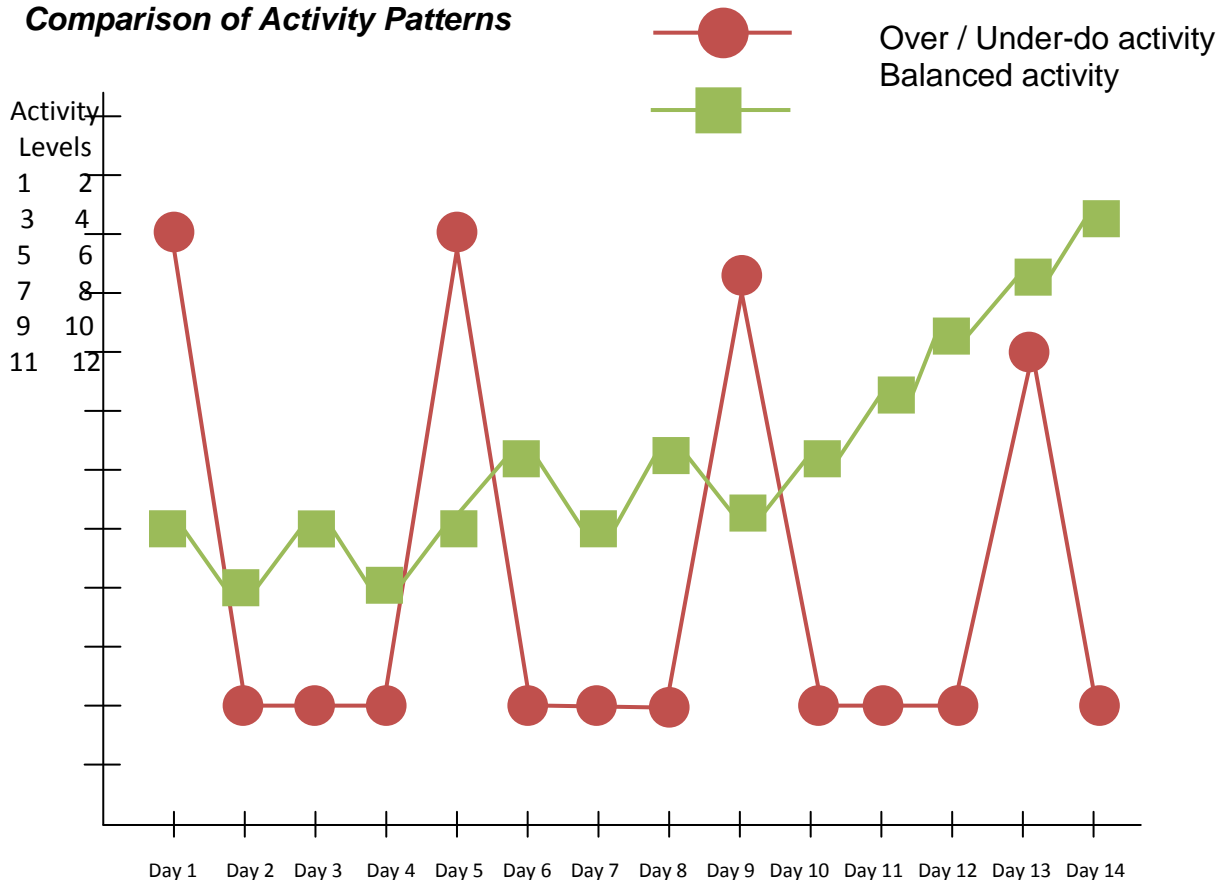


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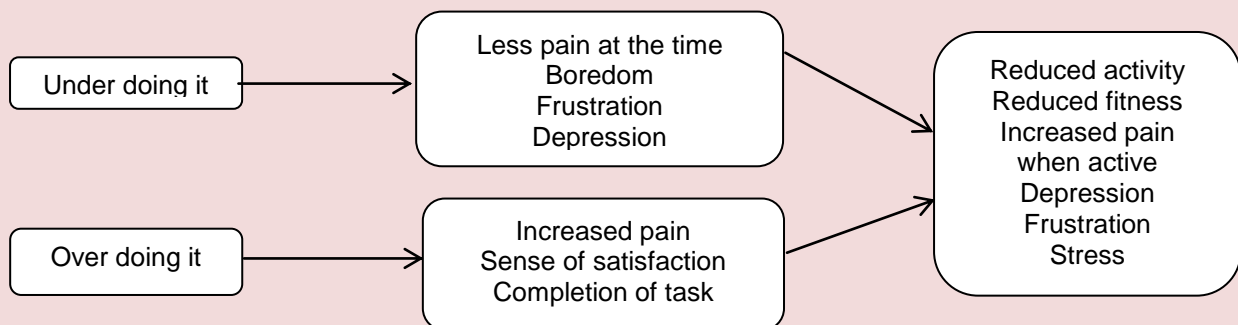
Limiting Thoughts & Beliefs	Helpful Statement
It may be hard or unpleasant. I should always avoid things which may be hard or unpleasant.	It may be hard or unpleasant, and that's ok. There is no reason why I must avoid things that are hard or unpleasant. Confronting things that are difficult makes it easier to deal with difficult things in the future and makes me stronger.
It might involve lots of stressor hassles. I should avoid situations that may involve hassles.	It might involve stress or hassles, but hassles are a normal part of life. It's ok to experience hassles in the process of working towards what I want. If I can achieve my goal, it's worth the hassle.
It's too much work.	It's a lot of work, but it's not too much work. If I take one step at a time, and have reasonable expectations of how much I can achieve each day, it's manageable.
I might not succeed. It would be awful to try and fail. I should never attempt things unless I'm guaranteed success.	I have no guarantee of success but I'm guaranteed that nothing will change if I don't give it a go. I prefer to succeed but I can cope with failure if it should happen.

## Pacing

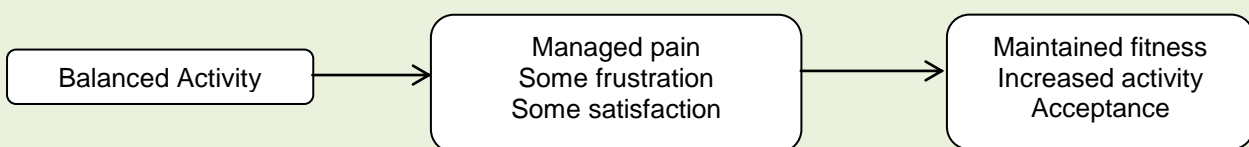
### Comparison of Activity Patterns



### Over / Under-doing it: 57 total number of activities



### Balanced activity: 79 total number of activities









Obstacles to Change

Obstacle

How to overcome this obstacle

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## Stress Management

### *Breaking Stressful Habits*

Actions	Strategies
<b>Stimulating your nerves</b>	Cut down on coffee, tea, soft drinks, sugar, chocolate
<b>Rushing your day</b>	Get up 15 mins earlier and start the day calmly
<b>Holding your worries inside</b>	Talk them out with a friend, or put them down on paper
<b>Burdening yourself</b>	Avoid negative people and places – stress is infective
<b>Fogging your brain</b>	Cut out smoking, excessive eating or alcohol
<b>Lying awake at night</b>	Work on sleep routine and try relaxation strategies
<b>Overloading yourself</b>	Lessen the unnecessary in your life – saying ‘no’ can help
<b>Scattering your energies</b>	Concentrate on the possible, doing one thing at a time
<b>Being absent-minded</b>	Try to be here and now, live in the present, enjoy each moment
<b>Becoming too unaware</b>	Surround yourself with joyful colours, smells and sounds
<b>Carrying unnecessary tension</b>	Learn to relax your body and mind at will

Attitudes	Strategies
<b>Feeling like a “door mat”</b>	Believe in your rights and let others know your needs
<b>Falling into the role of the workaholic</b>	Balance work, rest and play Take up a hobby or sport
<b>Letting negatives take over</b>	Positive thoughts absorb anxiety, smiling releases tension
<b>Punishing yourself</b>	Be as fair to yourself as you are to others
<b>Fighting negatives (your own and others)</b>	Direct energies where they will do the most Use your strengths
<b>Keeping up a front</b>	Be yourself – every person is unique and of value

### Quick and Easy Stress Reducers

1. Have a quiet, pleasant sounding alarm to wake up to.
2. If mornings are rushed and stressful, get up earlier so that you have more time.
3. Take a deep breath and relax each time you look at your watch.
4. Try to slow down when you eat, talk, drive and move.
5. Don't arrange to do too many things close together or at the same time.
6. Off-load non-essentials.
7. Eliminate behaviours that don't save much time or don't achieve a great deal, e.g. frenzied lane changing or beating the lights.
8. Take a break from tasks to stretch, walk, relax, or to enjoy the present moment.
9. Buy a packet of small blank adhesive labels. Print "R" on each and stick on to mirrors, the steering wheel of your car, the fridge etc., to remind you to relax throughout the day.
10. Give time to yourself to do things you enjoy. Do them just for fun without the need to compete or be the best.
11. Learn to say *no* – but not indiscriminately. People who can say *no* often say *yes* and feel good about it.
12. Reduce anger towards others. Tolerance and acceptance are good for your health.

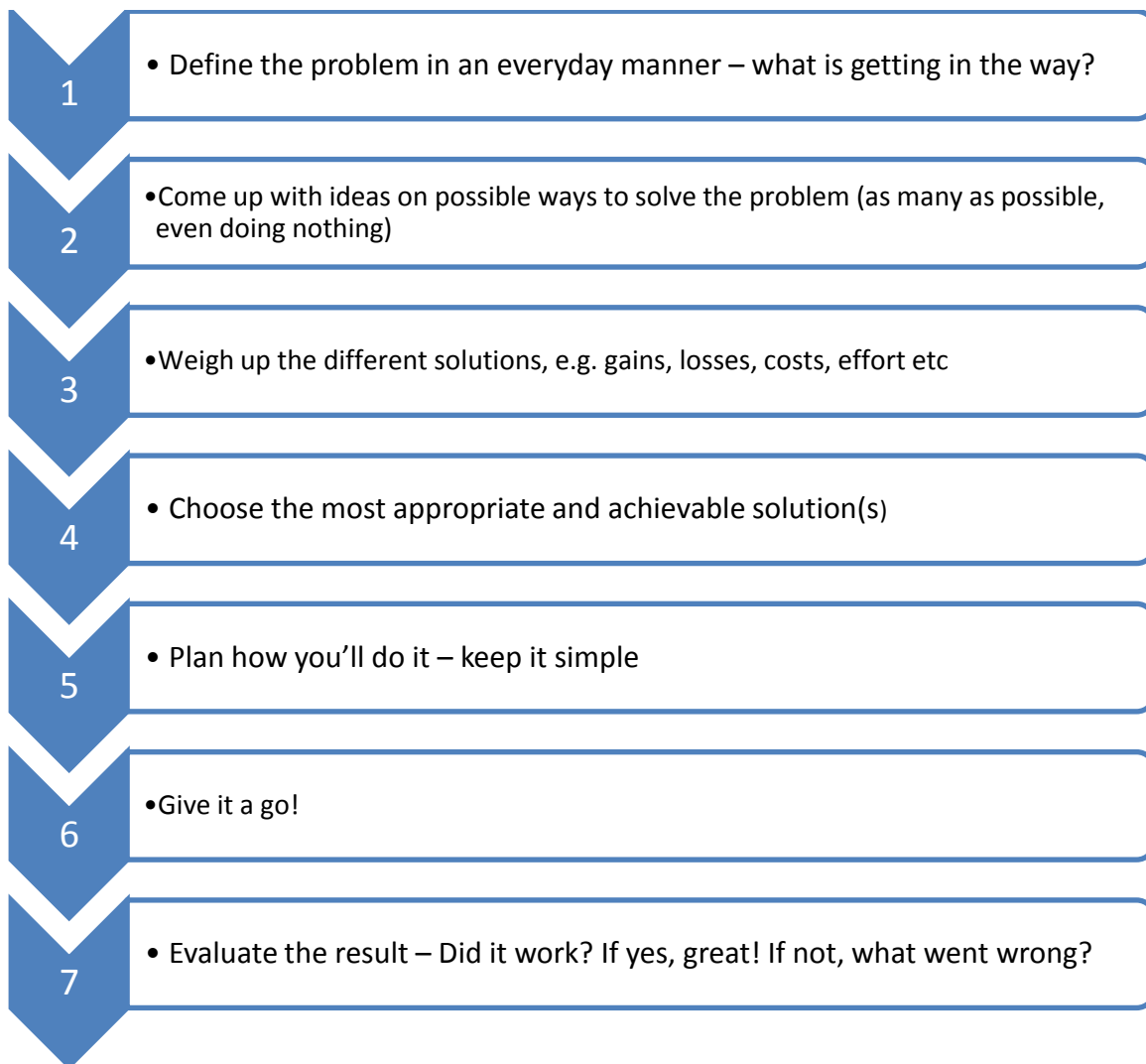


## Problem Solving

### **Structured Problem Solving**

Every day we solve problems, often without realising it. But some problems are more complicated than others. The structured problem solving technique simplifies the process of solving complex problems by breaking the problem down into smaller achievable steps.

The problem solving process involves:



The aim of the technique is to use practical skills to overcome problems, but it is wise not to expect perfect solutions. Of course, there will always be new problems to solve. Still, effective problem-solving can help us to achieve our goals.

The structured problem solving technique can be used for each problem encountered or each major goal you set. It is especially useful for problems that are difficult, serious or overwhelming. Set aside specific time to do it rather than trying to do it when you are in the middle of something else.

Write down all problem solving steps. Writing things down often puts problems and solutions into perspective and gives you a record of your decisions. After a while it becomes almost automatic and you won't need to write it down.

**Step 1: What is the problem?**

Think about and discuss the problem or goal carefully, then write down exactly what you believe to be the main problem or goal.

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**Step 2: List all possible solutions**

Brainstorm and put down all ideas, even bad ones. List all possible solutions without any evaluation of them at this stage.

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**Step 3: Discuss each possible solution**

Quickly go down the list of possible solutions and assess the main advantages and disadvantages of each one.

**Step 4: Choose the best or most practical solution**

Choose the solution that can be carried out most easily with your present resources (e.g. time, money, skill).

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**Step 5: Plan how to carry out the best solution**

List the resources needed and the main obstacles that have to be overcome.

Resources needed: \_\_\_\_\_

Problems to overcome: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Step 4: \_\_\_\_\_

**Step 6: Do it!****Step 7: Review how well the solution was carried out and praise yourself for your efforts**

If it didn't work as well as expected, you may need to revisit your plan, or have another look at the problem – do you think you've assessed it accurately? Now you have more information (from your attempt) maybe you could review the problem again. Continue the problem solving process until you have resolved your stress or achieved your goal.

## Sexuality

### Common Myths about Sex and Chronic Pain

Myth	Reality	Strategy
<b>It is vital that desire is present before engaging in sexual behaviour</b>	Arousal can often precede, and contribute to, desire. There are many reasons people choose to have sex, e.g. intimacy, and desire is not always relevant. Consent, not desire, is vital for sex.	Helpful self-talk Manage expectations Communication Goal setting Planning
<b>Sex should be spontaneous</b>	Many people, with and without chronic pain, need to plan sex. Planning can even increase desire as people look forward to it or go to special effort that day with their appearance or acts of kindness to their partner.	Goal setting Planning
<b>Talking about sex will make it clinical</b>	Talking openly about your feelings, desires and expectations is vital and can actually increase the sense of intimacy and connection, therefore increasing the chance of desire. It does not matter how long you have been with a partner, neither of you are mind readers.	Communication
<b>Intercourse is the only “real” sex</b>	People can have satisfying sex in many different ways.	Experimentation Communication
<b>Sex is always exciting, energetic, varied or easy, sequential, graceful</b>	People can be satisfied with a large range of sexual intensity. Many people are satisfied with “vanilla sex”. The movies, TV and pornography are not realistic for the vast majority of people.	Communication
<b>Sex isn’t worth it if I/we don’t orgasm</b>	Many people reports satisfying sex lives without orgasm, even people who have previously had orgasms but have subsequently lost the ability due to medical issues.	Communication Experimentation Manage expectations Focus on <i>pleasure</i> and <i>being together in the moment</i> , rather than orgasm as an <i>outcome</i>

### ***Unhelpful Thoughts about Sex and Chronic Pain***

Stage	Examples
<b>Desire</b>	I will cause more pain/damage I might be rejected I feel inadequate/incompetent My partner won't find me sexy anymore I won't be able to satisfy my partner
<b>Arousal</b>	This hurts too much This will cause more damage
<b>Sexual behaviour</b>	I'm in pain I'm not doing this the right way Intercourse is the only real type of sex My partner won't be enjoying this because it's not like it used to be
<b>Orgasm</b>	I must orgasm for sex to be worth it My partner must orgasm otherwise I have failed I orgasm too quickly I take too long to orgasm My partner and I must orgasm at the same time

### ***Problem Solving Sex and Chronic Pain***

Stage	Challenge	Strategies
<b>Desire</b>	Pain in genital or non-genital parts of the body Fatigue Competing priorities Unhelpful thoughts Feelings: depression, anxiety, worry, fear, stress, guilt Self-appraisal: confidence, self-image, decreased feelings of masculinity/femininity Negative past experiences Medications: reduced libido, brain fog, sedation	Pacing Conditioning Planning Helpful self-talk Communication Goal setting Manage expectations Being pleasure-focused Erotica, sex toys Talk to doctor about changing or reducing medication

<b>Arousal</b>	Pain in genital or non-genital parts of the body Unhelpful thoughts Feelings: stress, depression, anxiety Central sensitisation Medication: reduced lubrication, reduced genital sensitisation, difficulty with erections	Relaxation Helpful self-talk Problem-solving Experimentation Pacing Planning Communication Erotica, sex toys, lubricant Talk to doctor about changing or reducing medications Talk to doctors about medications that may help with the problem
<b>Sexual behaviour</b>	Pain in genital or non-genital parts of the body Deconditioning (fitness, flexibility, strength) Poor motor coordination / mobility Unhelpful thoughts Feelings: depression, anxiety, stress Maintaining arousal Medications: reduced lubrication, difficulty with erections	Pacing Conditioning (exercises, stretches) Problem-solving Experimentation Helpful self-talk Relaxation Manage expectations Communication Planning Erotica, sex toys, lubricant Talk to doctor about changing or reducing medications Talk to doctors about medications that may help with problem
<b>Orgasm</b>	Pain with orgasm Difficulty with of loss of orgasm Unhelpful thoughts Feelings: depressions, stress, anxiety, worry Perceived pressure to orgasm Lack of sufficient stimulation Medications: difficulty with orgasm, difficulty with ejaculation	Relaxation Manage expectations Helpful self-talk Communication Goal setting (other than orgasm) Problem solving Experimentation Talk to doctor about changing or reducing medications

## ***Specific Strategies to Try***

### *Pacing:*

- Need to think about the “whole event” whatever that may be, e.g. if planning weekly date night with dinner and sex, need to pace for both parts of the evening
- May need to pace time and/or different positions, movements, activities
- Small rests whilst pacing can be used as an opportunity to talk about fantasy, things that felt good, things you want to do, or to tease/delay orgasm

### *Communication:*

- It can be helpful to acknowledge how difficult it can be to talk about these issues as well as any specific feelings such as embarrassment
- Decide with your sexual partner what language/words/descriptors feel the most comfortable to you both
- Ideally, this will be an ongoing process as things will change with time
- As these are sensitive topics, the values of good communication are especially important, e.g. respect, willingness, openness, assertiveness, timing

### *Experimentation:*

- It may be possible to find enjoyment and pleasure from new experiences and sensations, e.g. light touch with feathers
- Sex toys are a legitimate source of sexual pleasure and can often be adapted or designed for people with varying ranges of physical ability. Sex toys can be purchased online or from stores. The benefit of stores is that you can get support and advice from the well-trained staff.
- Books can also offer ways to try new things.

# START Program

## Cognitive Therapy



Barbara Walker Centre  
for Pain Management



## Pain and Thinking

### ***The Cognitive Behavioural Approach***

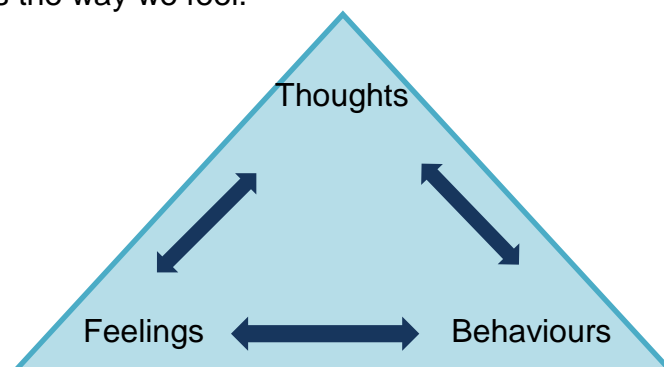
Are there times when you have a similar amount of pain but are more or less bothered by it? If so, what is different about those times?

While everyone would agree that pain is an unpleasant experience, it is our reaction to pain or our interpretation of pain that determines how we feel emotionally.



Based on this idea, aggravating your pain doesn't have to make you feel depressed. Our thoughts are under our control. We might get into habitual ways of thinking at times, and we may feel we have no choice about the way we think, but we can always change our minds.

The approach that we use is based on cognitive behavioural therapy. It is based on our understanding that the way we think about ourselves and the world around us, as well as what we do, affects the way we feel.



Cognitive behavioural therapy aims to:

- Change your behaviour so that the way you feel also changes
- Change your thinking habits so you feel better

Changing your thinking habits involves:

- Identifying unhelpful thoughts by being a good listener to yourself
- Detecting unhelpful thinking and challenging this thinking (is it realistic and accurate?)
- Generating more helpful thoughts and beliefs so that we then feel less distress and engage in behaviours that help us in working on goals.

### ***Automatic Thoughts or Thinking Habits***

This term refers to the images, daydreams, fantasies and train of thoughts that go through your mind in response to everyday situations. They arise reflexively without prior reflection and are often out of our direct awareness.

Common unhelpful automatic thoughts in response to pain include “this is hopeless”, “I can’t bear this”, “I can’t go on like this”, or “I’ll never get better”.

The advantage in being able to react automatically is that you are able to do things more quickly and can spend more energy focusing on other things. The disadvantage is that you have less control over your feelings and behaviours.

Automatic thoughts often seem like they are real because the ideas are so familiar and well-rehearsed. The more you say something to yourself, the more likely it is that you will believe it. Automatic thoughts are like well worn, comfortable shoes which are secure and familiar in the way they slip on. Because of this familiarity, new ways of interpreting events will often seem unbelievable. New thoughts, like new shoes, need to be worn in if they are to feel like yours.

### ***Unhelpful Thinking Styles***

Often we describe our thinking in terms of “positive” or “negative”. We are told we must “think positive” to make ourselves feel better.

Thinking positively can be helpful if there is no major threat. It can be unhelpful, however, when there is a real problem. Thinking “positively” might mean we deny that there is a problem and hope it will go away. Denying pain may result in overdoing it, resulting in worse pain.

Negative thinking can be unhelpful in that you may think that you will never get better so there is no point in trying to help yourself. Avoiding threats and danger may at times be helpful.

Rather than thinking about positive and negative thinking, it is more useful to talk about helpful and unhelpful thinking.

***Helpful thinking*** helps you deal effectively with a problem or source of stress. It may not allow you to solve all problems, but it should allow you to make some progress. Helpful thinking is generally reasonably accurate.

***Unhelpful thinking*** tends to cause increased emotional distress. See table on the next page for some unhelpful thinking styles

### Examples of Unhelpful Thinking Styles

Thinking Style	Description	Example
<b>Mental filter</b>	This thinking style involves a “filtering” and “filtering out” process. It involves looking at the negative parts of a situation and forgetting the positive parts. The whole picture may be tainted by a single negative detail.	The dinner went really badly – my pain was really bad and I couldn’t focus on the conversation at all. There’s really no point to going out at all.
<b>Mind reading</b>	Assuming we know what someone else is thinking.	When I shift posture others think I am attention seeking. She thinks I am making up my pain.
<b>Crystal ball gazing</b>	Assuming we know what will happen in the future.	If I go to this event I will have a pain flare up.
<b>Personalisation</b>	Blaming ourselves for everything that goes wrong, even when we may only be partly responsible or not responsible at all.	It’s all my fault that we are having relationship troubles – I’m just so irritable.
<b>Catastrophising</b>	When we magnify the unpleasantness of a situation by saying “what if...”	What if I have damaged my body and it never gets better, and what if I have to spend the rest of my life in a wheelchair, and what if no one will care for me?
<b>Black and white thinking</b>	When we see only one extreme or the other. You are either wrong or right, good or bad etc. There are no in-betweens or shades of grey.	I need to manage my pain perfectly; otherwise I will never get better.
<b>Should-ing and must-ing</b>	By saying “I should” or “I must” you can put unreasonable demands or pressure on yourself and others. Although these statements are not always unhelpful, they can sometimes create unrealistic expectations.	I must finish all my house work today.
<b>Over-generalisation</b>	When we take on instance in the past or present and impose it on all situations e.g. “you always...” or “everyone ...” or “I never...”	You never understand it if I can’t go out because I’m having a bad pain day.
<b>Labelling</b>	We label ourselves and others when we make global statements based on behaviour in specific situations. We might use this label even though there are many more examples that aren’t consistent with that label.	I’m an idiot.
<b>Emotional reasoning</b>	Basing your view of situations on the way you are feeling. The only evidence that something bad is going to happen is that you feel like something bad is going to happen.	I have a bad feeling about going out – I’m just not going to go.
<b>Magnification and minimisation</b>	Magnifying the positive attributes of other people and minimising your own positive attributes.	Others on the program seem to be doing so much better than me. I haven’t made any progress. I had a good day, but it was just by chance.

## **Challenging Unhelpful Thinking**

If you find yourself becoming increasingly agitated over your pain, spend a few moments checking on your thoughts. Are they helping you to cope or are they making you feel more distressed? If they aren't helping, even if you feel justified, they must be challenged.

Ask yourself:

*What is the evidence for and against this idea?*

*Are there other things I should take into account in thinking about this issue?*

*What would you say to a friend in this situation?*

*What is the worst that could happen? How would I cope?*

*What is the most likely thing that will happen?*

*How fair is this thought?*

*How helpful is it for me to think in this way?*

*What would be a more balanced thought?*

## **Exercise**

Jessica wakes up and has terrible pain. She barely slept last night, and feels tired and groggy. She is supposed to go out to an important work dinner with her partner that evening. She feels totally depressed and overwhelmed, and the following thoughts go through her mind:

*"I can't believe it, this is just typical – this is what always happens if I make plans"*

*"I'm never going to get better"*

*"What if I go and my is so bad I can't stay"*

*"My partner never understands if I have to leave early"*

*"He thinks I'm a wimp"*

Review the table and identify any unhelpful thinking styles evident in Jessica's thinking:

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What questions could you ask Jessica to help her evaluate her thoughts?

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What are some more helpful thoughts that you could suggest?

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Have you had this sort of experience?

What were your thoughts and how did you deal with them?

Is there anything that would be more helpful to say to yourself?

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## Feelings & Emotions

***Here are some examples of emotions that may be useful for your cognitive monitoring sheets***

Angry	Extremely displeased, resentful
Sad	Sorrowful, mourning
Happy	Glad or pleased, contented
Excited	Greatly interested or eager
Frustrated	Disappointed, discontented through inability to achieve ones desires
Annoyed	Irritated, somewhat angry
Confident	Trusting, fully assured
Confused	Perplexed, mixed up in the mind
Neutral	Indifferent or impartial in opinion
Upset	Disturbed composure or temper
Furious	Full of fury, raging, violent, intense
Jealous	Feeling resentment or envy
Disappointed	Frustrated, distressed due to inability to achieve something you want
Embarrassed	Awkward or ashamed
Guilty	Feeling that you are to blame for something
Nervous	Afraid to do something
Anxious	Troubled, concerned about future, uneasy
Frightened	Fear, terror, afraid
Depressed	Dispirited, dejected
Panicked	Fear, fright, sudden alarm
Worried	Uneasy, unable to gain peace of mind
Curious	Desire to know, inquisitive

## Tips for Thought Management

### ***Questions to Challenge Unhelpful Thinking***

- Am I confusing a thought with a fact?
- Am I jumping to conclusions?
- Am I acting like a mind-reader? Do I think I know what other people are thinking, even when there is no evidence?
- Am I assuming my view of things is the only one possible?
- Do negative thoughts help me or make things worse?
- What are the advantages and disadvantages of thinking this way?
- Am I asking questions that have no answers?
- Am I thinking in all-or-nothing terms?
- Am I concentrating on my weaknesses and forgetting my strengths?
- Am I blaming myself for something which is not really my fault?
- Am I taking things personally which have little or nothing to do with me?
- Am I expecting myself to be perfect?
- Am I using a double standard – am I expecting more of myself than I would of other people?
- Am I only paying attention to the black side of things?
- Am I exaggerating the importance of events?
- Am I worrying about the way things ought to be, instead of accepting and dealing with them as they are?
- Am I assuming I can do nothing to change my situation?
- Am I predicting the future instead of experimenting with it?

## Tips for Thought Management

### ***What is the evidence for my thoughts?***

Have I had any experiences which show it is not completely true all the time?  
 Am I looking at the whole picture?  
 Could I argue it in a court of law?  
 Am I exaggerating any parts of it or jumping to conclusions?

### ***What would I say to a close friend or family member if they told me they were thinking this way?***

How would I help them to see it in a more helpful / constructive light while still being honest?

### ***What could be another way of looking at it?***

Is there another explanation for this, another way of interpreting it?  
 How would someone else see it?  
 What would be that other person's point of view?  
 How have I felt about similar situations in the past when I have been more positive?

### ***What is the worst that could happen?***

How likely is that to really happen?  
 If it did, would it really be that bad?  
 Would it still matter a month / year from now?  
 Could I learn something from it?

### ***What is the effect of thinking this way?***

Does it help me to reach my goals?  
 Does it make me happier?  
 Do I have to think like this or do I have a choice?

### ***What is a more helpful thought?***

Being honest and realistic, can I look at this in a way which will help me reach my goals?  
 Is there anything, even a small thing, which I can change or work on?  
 What can I say to myself to keep myself strong, calm and able to cope?  
 What strengths or positives can I bring to this?

# START Program

## Relaxation



**Barbara Walker Centre**  
for Pain Management



## Introduction to Relaxation

The practice of relaxation is an important skill for managing chronic pain. The use of relaxation for pain management is to assist people in managing stress both physically and psychologically.

Relaxation is a skill to be learnt and practiced!

To get good at it, you must practice it – it may take several months to become confident in your skills.

What is relaxation?

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Why do we use relaxation for pain?

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What happens when you relax?

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When could I practice relaxation?


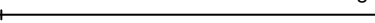





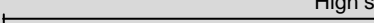
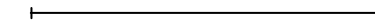

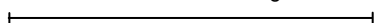





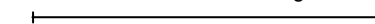

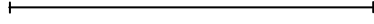
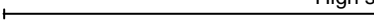




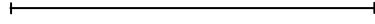
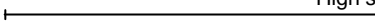













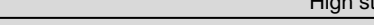








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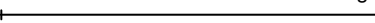





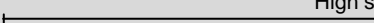
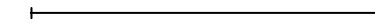

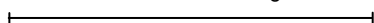





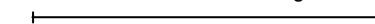

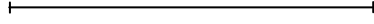
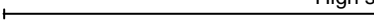




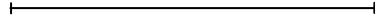
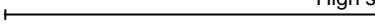













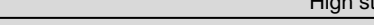








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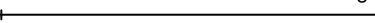





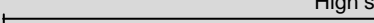
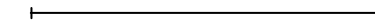

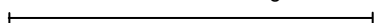





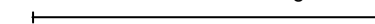

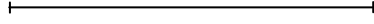
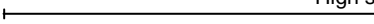




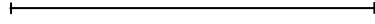
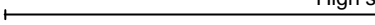













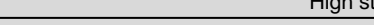








## Relaxation Recording Chart

Day	Session	Pre-session	Post-session
	1	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	2	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	3	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	1	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	2	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	3	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	1	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	2	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	3	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	1	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	2	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	3	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 


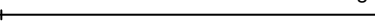





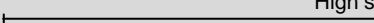
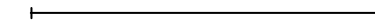

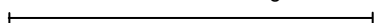





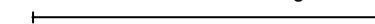

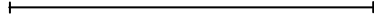
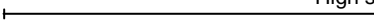




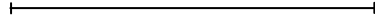
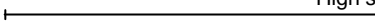





















## Relaxation Recording Chart

Day	Session	Pre-session	Post-session
	1	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	2	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	3	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	1	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	2	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	3	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	1	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	2	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
	3	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
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Day	Session	Pre-session	Post-session
	1	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
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	3	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
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## Relaxation Recording Chart

Day	Session	Pre-session	Post-session
	1	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 	No muscle tension <span style="float: right;">High muscle tension</span>  No stress <span style="float: right;">High stress</span> 
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