

Planning and Pacing August 26, 2021

In this seminar Dr. Marshall goes over:

What is meant by not resting

- Rest is not best (prolonged rest)
- What that looks like in the first 48 hours and then after 48 hours
- Rest throughout the day/week is good for you, just not more than 1-2 days
- Don't use rest to avoid situations and create fear

Slight symptom increases periodically are good for you.

It's important to find the balance of activity and symptoms. We want to avoid symptom avoidance and pushing through. See the Goldilocks Method graphic below. Find your threshold and work within it.

How it works with exercise

- Treadmill testing
 - Overall symptoms increase by 2-3 points, note your heart rate (HR) for your HR threshold
 - Exercise at 80-90% of that HR threshold for 1-2 weeks and retest and see if the threshold has increased.
- No treadmill test
 - Start low. Find your predicated max HR.
 - Do 220 - your age. See the 2nd graphic below as an example.
 - Exercise below the established threshold, by 2 points above increase in symptoms.
 - Do this for 1-2 weeks and retest.

Cognitive activity thresholds

- Strategies to be more aware of your activities through the day
 - Parkwood Pacing document can be found [here](#)
 - Stay within your threshold for 2 weeks then see about adjusting

Overarching principles

- Start low and build up
- Symptoms after = Symptoms during
- Find your threshold and work below it for 1-2 weeks, then re-test and adjust.

- Remember to plan ahead to stay within your points

Goldilocks Method

