

PAIN & FATIGUE MANAGEMENT PLAN

As you transition into adult care, managing pain and fatigue becomes part of daily life planning. A balanced approach — combining medical care, physical strategies, and self-care — can help you maintain function, independence, and quality of life.



Medical Management

Medications and medical treatments play an important role in symptom control.

- Take medications as prescribed
- Track effectiveness and side effects
- Discuss dose adjustments with providers
- Keep infusion schedules consistent
- Bring symptom records to appointments



Movement & Support Strategies

Maintaining mobility and protecting joints can reduce long-term discomfort and fatigue.

- Follow physiotherapy recommendations
- Use braces or supports as needed
- Incorporate low-impact activity
- Modify work or school setups
- Prioritize posture and positioning



Daily Self-Care & Energy Planning

Daily habits directly influence energy levels. Small adjustments can prevent flare-ups.

- Plan structured rest periods
- Alternate activity and recovery
- Use heat or comfort supports
- Maintain sleep consistency
- Hydrate regularly

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Practical Tools You Can Start Today

Small, consistent adjustments can make a meaningful difference in managing pain and fatigue. The strategies below are simple, low-risk tools that can be incorporated into your daily routine. Try one or two at a time, notice how your body responds, and adjust as needed.



Heat Therapy

Warm compresses may reduce stiffness and muscle discomfort. Use for 15–20 minutes at a time.



Breathing & Relaxation

Slow breathing can reduce muscle tension and stress-related pain.



Cold Therapy

Cold packs may help reduce inflammation during flare-ups. Use with a protective layer.



Gentle Movement

Stretching and low-impact movement can reduce stiffness.



Activity Pacing

Break larger tasks into smaller steps. Schedule short breaks before fatigue becomes severe.



Hydration & Nutrition

Stable energy requires consistent hydration and balanced meals.



Scheduled Rest

Plan rest before you “crash.” Preventative rest preserves energy.



Track Your Patterns

Notice connections between: stress, sleep quality, weather, activity levels, pain intensity.

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Daily Energy & Care Schedule

Use this schedule to plan your day in a way that balances activity, rest, and care needs. You can fill it out in advance or update it throughout the day. Try to include regular rest breaks, medication times, and any therapies or appointments. Over time, this can help you better understand your energy patterns and build a routine that works for you.

How to Use This Schedule

You don't need to fill every column for every hour — use this as a flexible guide to help balance activity and rest throughout your day.

COLOR CODE	ACTIVITY	DESCRIPTION
	REST BLOCK	Planned time to pause and recharge. This could include lying down, sitting quietly, or taking a short break between activities to prevent fatigue.
	THERAPY	Any prescribed or recommended activity such as physiotherapy, stretching, breathing exercises, or mobility work.
	HYDRATION	Time to drink water or fluids. Regular hydration can help support energy levels and overall well-being.
	INFUSION/TREATMENT	Scheduled medical treatments such as infusions, medications, or at-home care routines.
	WORK/SCHOOL/DAILY ACTIVITIES	Regular responsibilities such as work, school, errands, or household tasks.

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TIME	ACTIVITY	REST	MEDICATION	NOTES
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				
1:00				
2:00				
3:00				
4:00				
5:00				
6:00				
7:00				
8:00				
9:00				