

## Graded Activity Diary

### *Instructions*

To get better as fast as possible, stay active and gradually increase what you do each day.

You and your doctor have written goals for the week for walking (or other activity) and exercises. Each evening, take a minute and write down what you did that day.

Use the “Notes” section to jot down anything you learned from keeping this diary and anything you want to discuss with your doctor.

Here are some tips for getting started:

1. Plan a daily routine you can start now. Be sure to include some activities you enjoy and find meaningful.
2. Get up and go to bed at the same time each day and avoid napping during the day. This will help you sleep better and feel better.
3. List some normal activities you want and need to do at home, and set goals that are specific and that you are confident you can achieve.
4. Schedule a specific time each day to do each activity.
5. Each day, check off what you did. Write down how many times you did each activity and the total number of minutes you spent in the activity each day.
6. Bring this completed activity diary to your next visit to discuss your progress with your doctor.

## **STAYING ACTIVE IS CRITICAL TO YOUR RECOVERY!**

When joints, muscles and tendons get injured, part of the natural healing process involves pain and swelling. Movement during the healing process fosters better and faster healing and actually shortens the time the tissues hurt.

### ***Remember:***

- All reasonable activity, even modest activity, helps speed your recovery.
- Just like a cold or flu, most joint and muscle problems get better within a few days to weeks.
- Each day, do just a little more than you did yesterday.
- Increased pain with activity is usually normal and does not mean the activity is physically harmful.
- Regular aerobic exercise of any kind (walking, swimming, stationary bicycling, treadmill, etc.) is very helpful.
- Avoid any prolonged positions (sitting, lying down, leaning in one position, etc.) - variety speeds recovery.
- You and your body do the “real” healing (the doctor doesn’t “cure” the injury).

