



GESTION DES ACTIVITÉS

Patient: Justin Duhaime

Date: Dec 14th 2021

► Types of Activities

- A: Daily Living (ex: cooking, cleaning, doing laundry)
- B: Cognitives (ex: reading, screentime (TV/cellphone), board game / card games,...), Music)
- C: Physical (going for a walk, Yoga, Stretching,...)
- D: Rest (complete (nap - 30min maximum) or active (ex: listening to music/podcast, heat on neck))

A → D → B → D → C → D → A...

Activities A, B, C: 20-30 minutes maximum
Activity D (rest): 20 minutes (nap maximum 30min)

****WITHOUT INCREASE OR PROVOCATION OF SYMPTOMS****

Additional Recommendations

- Document symptoms (morning and evening) on symptom report
- If there are no increase in symptoms, progress with the following structure:
 - Saturday:
 - Activities A,B,C: 30 minutes
 - Activity D (rest): 20 minutes
 - Sunday:
 - Activities A,B,C: 40minutes
 - Activity D (rest): 20 minutes