

Patient information

Energy Conservation

Therapies Speciality

What is energy conservation?

Energy conservation is a way to save energy and improve its use when it is needed.

Why should you try to save energy?

Energy conservation is important in long term conditions. Sometimes the way you do a task, how often you do the task, and how long the task takes can increase tiredness and pain and stiffness.

Energy conservation is a way of doing things so you have more energy to do the tasks that you enjoy and are important to you.

How can you save energy?

There are things you can do to save energy. Here are a few tips:

- Make sure you have a balance between rest and work. This means taking regular breaks, especially during longer tasks. Try to take five minutes rest every 20-30 minutes (pace).
- Try to plan your tasks as much as possible. Try not to do all your tiring tasks at once (plan).
- Ask a friend or relative to do the more tiring tasks, leaving you the energy to do the task you enjoy (prioritise).
- Try to make your tasks simpler.

This could be done by:

- Having any items you need to complete the task within easy reach.
- Try to do tasks such as ironing sitting down. Make sure your seat or chair is comfortable and easy to get on and off, e.g. use a perching stool.
- Avoid tasks that can't be stopped easily if your pain is aggravated .
- Use any labour saving equipment advised by your Occupational Therapist. These can reduce the need to lift, bend or stoop during tasks. For example, using a long-handled sponge during washing can reduce the need to stretch.

What will be the benefits of saving energy?

Changing habits of a lifetime may be difficult at first. However, you are not giving into your arthritis, you are taking control.

There are benefits to saving energy, which include:

- Reducing your pain and stiffness.
- Reducing your tiredness.
- More energy to do your enjoyable and important tasks.
- Improving your quality of life.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you want more information on saving energy, or have any questions please contact:

Occupational Therapy

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Author: Therapies Speciality

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