

Reminders

Make pain flare-ups history!

- Use the “best stand position” often.
- Use everyday items to sit on, lean against, or put your foot on.
- Plan your day to minimize how much you stand.
- Use a timer, if necessary, to monitor your standing time.



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Chronic Pain and Standing



Standing Can Affect Pain

Standing, for a long period of time is often difficult for someone experiencing Chronic Pain. Many daily activities, such as cooking, lining up at the grocery store, and taking a shower, require standing and can make pain worse.

A part of managing pain includes managing standing activities better. Two key ways of managing standing activities better include:

- Adjusting your stand position
- Adjusting your stand time

Adjusting your stand position

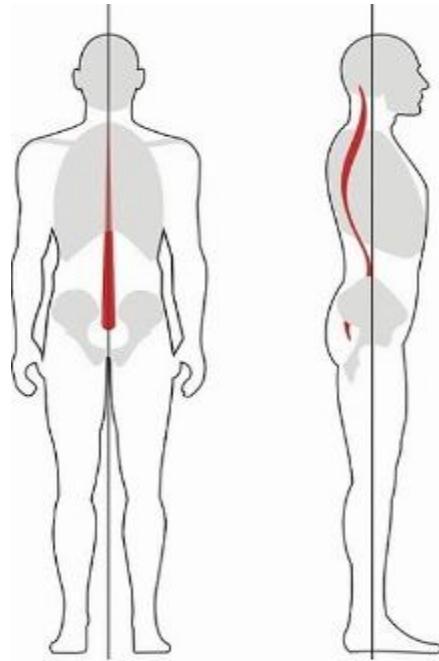
Like a stack of blocks, the body is most stable, and feels the least amount of strain when it is in line with gravity. In standing, this means your head is over your shoulders, which are over your hips, which are over your feet.

In the ideal position is when:

- The weight of the body is taken evenly on both feet and equally between your heels and toes.
- The knees are straight, but not locked.
- The hips are held directly over your feet.
- The chest and shoulders are held directly over your hips.
- The head rests high over the shoulders.

Always remember to breathe

The ideal standing position



When the body is not in the ideal position, it can tire quickly. Frequent breaks will help when first learning the “best stand position”.

Use these tips for taking breaks:

- Shift your weight slightly and slowly from one foot to the other
- Place one foot on something like a stool, book, or bottom shelf; switch feet often.
- Lean against something like a wall, post, or table for a moment or two
- Take a little walk
- Sit down
- Use a high stool

Adjusting your stand time

It is essential to change position regularly, take a break, before your pain increases. A break only needs to last a minute or so to be effective.

To find your best stand time:

- Next time you stand in one spot, time how long it takes before your pain just starts to increase.
- Subtract 1-2 minutes from this time.
- This is your best stand time for standing in one spot! Stick to it no matter where you are or what you are doing.

Plan your activities. Some ideas that may help include:

- Shop and bank when it is less busy and lines are shorter
- Do standing activities during your best time of day (when your pain is at its lowest)
- Keep footstools, chairs, and/or high stools in areas where you stand at home
- Practice; you may feel uncomfortable changing position in public situations at first, but it gets easier