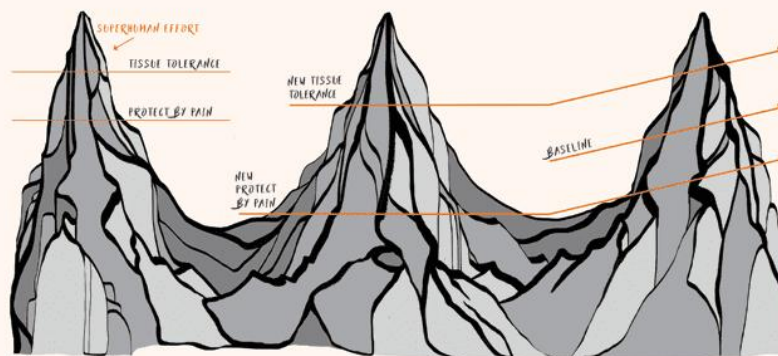


# Graded Activity

How are you travelling?



## Before your troubles

Look at the mountain above. Previously, you could have explored it easily. But if you pushed too hard towards the peak, pain would have protected you (**PROTECT BY PAIN**) before you did any damage (**TISSUE TOLERANCE**).

What a great protective system!

Note, the mountain can represent anything – your job, walking the dog, or even bending forwards.

## Your current situation

Despite having had plenty of time to heal, your tissues may still be unfit – your tissue tolerance has dropped (**NEW TISSUE TOLERANCE**).

However, you are now much better protected and pain starts with much less activity (**NEW PROTECT BY PAIN**).

Compared to **before your troubles**, the safety buffer between when the pain starts and when you might do any damage is much bigger.

Your protective system may now be overdoing it. Your pain may come on climbing just a small hill, or even thinking about the mountain.

## Your future path

Establish your initial **BASELINE** for activities you want to do more of.

An ideal training **BASELINE** is in the safe buffer zone – above **NEW PROTECT BY PAIN**, but well below **NEW TISSUE TOLERANCE**.

**BASELINE** activities might make you sore, but you will be safe – you are nowhere near injuring tissues.

With your health professional, plan to increase your **BASELINE** – find ways to do more than you did last week, but not much more.