

## FATIGUE MANAGEMENT FOR MULTIPLE SCLEROSIS

If fatigue is impacting your ability to function at home, at work, or in the community...you are not alone. The National MS Society reports that fatigue is one of the most common symptoms of MS, occurring in about 80% of people. Matching your available energy with what you need to do each day can be done through fatigue management strategies, including energy conservation and work simplification.

### Energy Conservation – the 4 P's

1. Prioritizing
  - What needs to be done?
2. Planning
  - How and when should I accomplish each task?
3. Positioning
  - What is the best way to position my body to accomplish the most work with the least amount of energy?
4. Pacing
  - How can I spread out my energy over time?

### Work Simplification

- Modifying how tasks are done to ensure efficiency and minimize energy expenditure

Neuro Rehab Associates ~ 2135 Charlotte St. Suite 3 Bozeman, MT ~ (406) 586-8030

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