

LEARN TO BE A.B.L.E.

How will I be more **Aware** of how I do things to compensate for my pain? _____

How will I incorporate correct **Body Mechanics** into my daily activities? _____

How can I **Learn to Pace** myself during the day? What is my plan for this? _____

How will I conserve my **Energy** during the day? Where will my speed bumps go? _____
