



GLOSSARY

WORD	DEFINITION	EXAMPLE
ACUTE PAIN	An injury to the body that does not last for a long period of time. A person needs short-term medical care for this type of pain.	A broken limb or a cut requires immediate medical care but once it's healed, it would no longer cause pain.
BASELINE	It is your starting point for an activity. To calculate it you divide your tolerance level by 2.	My baseline for sitting is 10 minutes because my tolerance is 20 minutes.
CHRONIC PAIN	Pain that continues to last, long after an injury has occurred.	Someone suffering with low back pain long after their accident.
PACING	To advance or develop (something) at a particular rate or tempo: changing timing or intensity.	Gradually building up an activity (exercise, walking, shopping, etc.).
TIME LEVEL	The length of time that you plan to do an activity. Your first time level will be your baseline. As you start to pace an activity, you will gradually increase your time level for that activity.	When I first started to exercise, my time level was 15 minutes. After pacing my exercise activity my time level has now increased to 30 minutes.
TOLERANCE	The maximum length of time that you can do an activity until it becomes intolerable.	My tolerance level for walking is 10 minutes.