

Know your 'bubble'

Use the following tool to get to know your 'bubble' to help you work out why you might be sore and also what you can do about it!

Please read the section about load management before using this tool

Step 1: Within the bubble, write the things that you used to do that didn't cause you any discomfort. Stay in the lines!	Step 2: Now draw/ write the things that cause you discomfort. Feel free to go over the lines with the things that hurt the most.
Walk the dog Lift the Get Kettle dressed	Walk the dog Lift the Kettle Get dressed
Your Turn	
Step 3 : With the things that are sticking out of your bubble (that you can do to get them 'back in the bubble'. For exam things for less time befo	ple, adjusting how you do it / asking for help or doing