



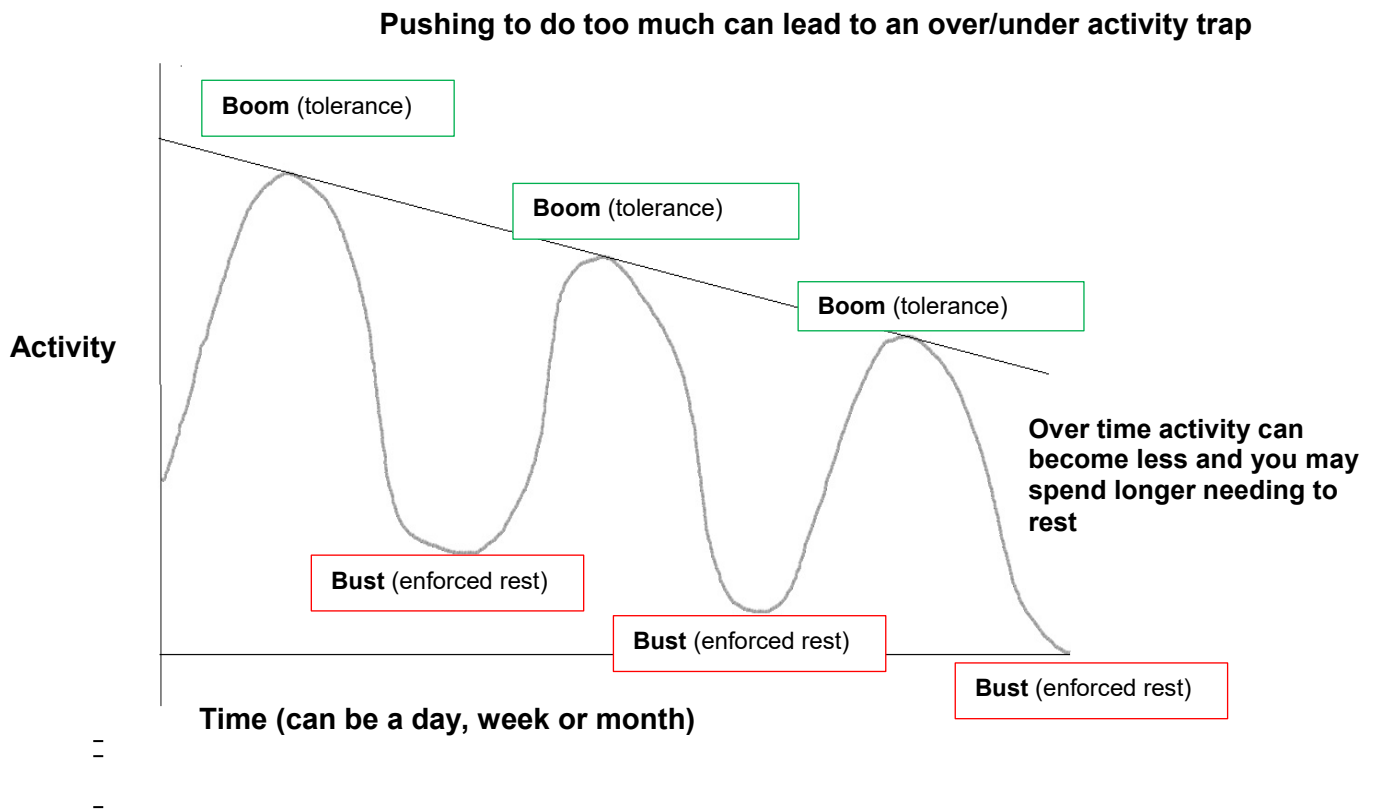
Activity Cycling or 'The boom and bust cycle'

Persistent pain often leads to various ways of coping with everyday activities, some of which may not be helpful in the long run.

Some ways people try to cope:

1. The over/under activity trap

One way of coping is to develop what is known as the “**over/under**” activity trap or **sometimes known as the boom and bust cycle**. On a “good” day, people try to do all those things that have been building up, which can lead to “**overdoing**” and then the next day “**flare ups**” of pain can occur and more rest is needed. On the next “good” day the “over activity” happens again which can lead to further “flare ups” and periods of increased rest and so on. When you “overdo”, pain increases so that when you do eventually stop, often pain does not but usually continues building.





2. Doing less

Sometimes, people feel doing nothing or very little may be a way to cope. Over time this can lead to feeling that life has no meaning and low mood or depression can happen.

Additionally, fitness levels will decrease. During long rests, muscles become weaker and de-conditioned and joints can become stiff so that more effort will eventually be required to do the same activities.

The vicious cycle of reduced activity

