Energy Conversation after Stroke

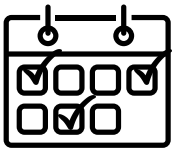
The 4 P's

Information for patients and families

Remember the 4 P's

1. **Prioritize** **Complete most important task daily**

2. **Plan**

a. **spread out**  tasks over time

b. **switch up heavy** and **light tasks**

c. **switch up physical** and **thinking**

tasks if needed

Acknowledgement: Adapted with permission from St. Thomas Elgin Hospital

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3. **Pace**

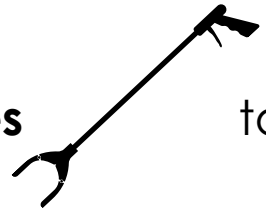
Take your time when doing a **task**; **do not rush**

Rest often even if not **tired** yet

4. **Position**

a. **sit** when you **can**

b. maintain **upright posture**

c. use **devices**  to **help**

More information

Visit:

cesnstroke.ca/stroke-education-resources-for-patients/

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