

The 4 P's

Information for patients and families

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Remember the 4 P's

1. Prioritize

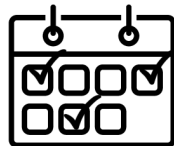


Complete most important task daily

2. Plan



a. spread out



tasks over time

b. switch up heavy



and light tasks



c. switch up physical



and thinking



tasks if needed

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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/

