

# Energy Conservation

## WHAT IS ENERGY CONSERVATION?

Completing tasks in an efficient, healthy manner. It may involve adapting your present method to a more streamlined one. It involves the “4 P’s”:



- **Prioritize**
- **Plan**
- **Pacing**
- **Position/Posture**

The goal of Energy Conservation prior to and post TKR/THR is to learn to conserve energy which:

- Helps you **build up your strength** to take part in your daily activities and other things you enjoy doing
- **Reduce the strain** on your joints, reduce fatigue and stress related pain
- **Decrease amount of energy** demands and allows you to find a good balance between work, rest, and leisure

## PRIORITIZE

Decide what needs to be done today and what can be done later. Begin with the most **important one first** and **ones that require more energy** and ask yourself:



- Are there some tasks that would be better for someone else to do? Who can I ask to help (friends, family, services)?
- Eliminate unnecessary tasks

## PLAN

Organize your days and week activities. Set up your work area so you do not have to move around a lot looking for items to complete task.

### Preparing for Surgery:



- Decide the best place for you to be discharged to post surgery and ensure you have set up someone who can stay with you for 3 days
- Prepare your home environment ie. remove clutter/trip hazards and set up night lights
- Plan and practice ahead of time dressing tools to maintain your precautions – plan ahead of time how you can alter your environment to maintain them
- Complete your shopping and prepare your meals ahead of surgery
- Be prepared for pain and how to manage it- medications, ice home exercise
- Obtain and install all the appropriate equipment as recommended in pre-surgical screening (PSS) appointment



## Energy Conservation techniques you can use pre/post-surgery:

- Utilize your mental energy before you expend your physical energy: Think about what you are about to do, what items you will need, and plan your trip between any two points to eliminate any unnecessary trips
- Keep items in the area in which they are used, in order to avoid unnecessary walking and carrying
- Keep duplicates of frequently used items in several convenient locations, for example keep a walking aid both upstairs and downstairs to save steps
- Organize your most used items in drawers or shelves that are between waist and shoulder level, so you won't have to stoop or stretch to reach them. This will improve energy levels but also reduce breaking precautions
- List daily and weekly activities and PLAN rest times
- Consider using a bag, basket or 4-wheeled walker to carry things in one trip
- In the kitchen, use the counter to slide things to where you need them instead of picking them up

## PACE

Have patience with yourself. Do not try to complete the whole task in one session; break it into smaller easier steps by:



- Maintain a slow and steady pace, never rush
- Rest often and stay on top of your pain. A good guide to follow is to take 10 mins each hour to rest
- Remember it's ok to ask for help to do some tasks
- Listen to your body and know your limits

## POSITION/POSTURE

It is important to use less energy and maintain precautions/pain management.

- Good posture will save you energy
- Sit when possible - this will save you 25% energy
- Make sure your work surface is an appropriate height
- Use proper equipment/assistive device
  - Use a shower seat and handheld shower head to sit and rest in the shower
  - Use long-handled dressing devices to reduce bending/breaking precautions such as a long-handled shoehorn, reacher, sock aid
  - Use the basket/bag on your 2-wheeled walker to carry things



## OTHER TIPS

### Dressing and Hygiene

- Sit when you can
- Use and practice with your dressing aids
- Organize and lay out clothing the night before





- Begin dressing your lower half first as this uses more energy and dress your weaker limb first and undress it last
- Avoid bending or reaching as it could break your precautions
- Use recommended bathroom equipment prescribed by OT in PSS
- Ask for help initially

## Shopping

- Consider using the delivery service if available
- Avoid going to stores when busy/crowded
- Ask for help to load/carry bags
- Use a cart rather than a basket

## Housework



- Consider asking for help from a family member or hiring a cleaning service
- Make weekly plans for major jobs such as laundry, cleaning and changing sheets
- Keep a trash can in every room to avoid too much walking

## Cooking

- Gather all ingredients and utensils before starting
- Have frequently used items placed in dish dryer or on countertop between hip and eye level
- Use a stool that's an appropriate height
- Use electric appliances such as can openers, blenders, food processors to conserve energy
- Consider buying easy to prepare, frozen meals, or Meals on Wheels (or local equivalent in your area)

## Transportation

Driving is restricted after knee or hip surgery - please talk to your surgeon before driving.

Options to start thinking about is:

- Family/friends
- Taxi



- Temporary disabled parking pass (Sparc pass – [www.sparc.bc.ca](http://www.sparc.bc.ca))
- HandyDART – check local numbers. Website: [www.bctransit.ca](http://www.bctransit.ca)
- TAP - Travel Assistance Program – [www.health.gov.bc.ca/msp/mtapp/tap\\_patient.html](http://www.health.gov.bc.ca/msp/mtapp/tap_patient.html)

## Relaxation/Mindfulness

Consider using an app that works for you to reduce pain.