

Navigating PMR:

Daily Living

Find strategies to manage pain, stiffness, and fatigue so you can stay active and maintain independence.



This guide is for general information only and does not replace advice from your doctor or care team. Always talk with your healthcare provider before making changes to your exercise, diet, or treatment plan.



NAVIGATING PMR: DAILY LIVING

Essential Guide for Everyday Management

Living with PMR means adjusting to new challenges in your daily routine. This guide offers practical tips to help you navigate common situations, from mornings to managing fatigue and sleep.

Morning Stiffness

Morning stiffness is a common PMR symptom affecting the shoulders, hips, and neck, and may last 30 minutes to several hours.

Why does morning stiffness happen?

Inflammation builds during sleep. Limited movement allows fluid to accumulate, causing stiffness and soreness.

Before You Get Out of Bed

- Do gentle stretches while lying down.
- Take slow, deep breaths and give yourself time to wake up gradually.
- Keep your morning medication and water at your bedside.

Getting Out of Bed

- Roll onto your side and push yourself up with your arms.
- Sit on the edge of the bed for a moment before standing.
- Use sturdy furniture or a bed rail for support.

After You're Out of Bed

- Take a warm shower—the heat helps loosen stiff muscles.
- Use a heating pad on your shoulders or hips while you have breakfast.
- Do light movement like gentle stretching or a slow walk around your home.
- Schedule easier tasks in the morning and more demanding activities later.



When to Call the Doctor

If stiffness suddenly worsens, lasts all day, or your medication stops helping, contact your healthcare provider. This could mean your treatment needs to be adjusted.



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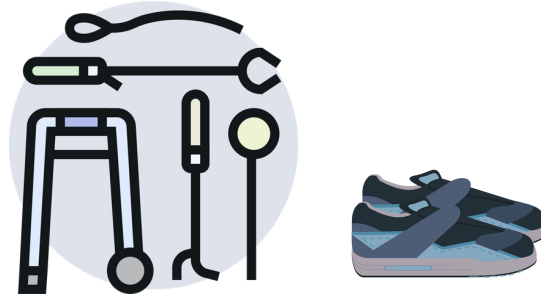
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Adaptive Tools and Devices That Can Help

You don't have to struggle with daily tasks. Simple tools can reduce strain and conserve energy.

For Getting Dressed

- Long-handled shoehorn and sock aid (no bending required)
- Button hooks and zipper pulls for easier fastening
- Elastic shoelaces that don't need tying
- Front-closure bras or bras with easier clasps



Adaptive Tools for Cooking



Electric can opener



Rocking knife

- Jar openers and grip aids
- Lightweight pots and pans with easy-grip handles
- Electric can openers
- Stabilized cutting boards or rocking knives

For the Bathroom

- Grab bars near the toilet and in the shower
- Raised toilet seat to reduce strain on hips
- Shower chairs
- Long-handled sponges
- Non-slip mats



Shower chair



Grab bar

For Around the House



Knob covers make it easier to grip the door.



Book stand



- Grabber tools can help you reach items that are too high or too low.
- Door lever handles or silicone covers can make the knob easier to turn.
- Electric toothbrush can be less strain on your hands and arms.
- Book stands or tablet holders can let you be hands-free to take strain off your joints.

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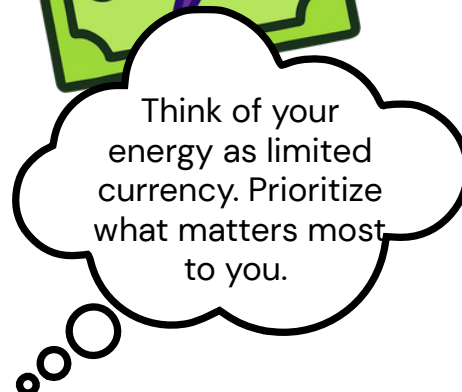


Managing Fatigue Throughout the Day

Fatigue from polymyalgia rheumatica is deep exhaustion caused by inflammation that often does not improve with rest.

Pace yourself

- Do important tasks when you have the most energy (often mid-morning).
- Spread demanding activities across several days.
- Alternate active tasks with rest periods.
- Say no to activities that will drain you.
- Prep for meals when you feel up to it.
- Break large tasks into smaller steps.



Think of your energy as limited currency. Prioritize what matters most to you.

Ask for and accept help

- Let family or friends handle heavy lifting, yard work, or extensive cleaning.
- Consider hiring help for tasks that exhaust you (house cleaning, yard maintenance).
- Consider using delivery services for groceries or meals when needed, or ask a neighbor or friend to pick up essentials.

Listen to your body

- Rest before you're completely exhausted so it's easier to recover.
- Recharge with a 15–20-minute rest break when you can.
- Don't push through severe fatigue; it often makes the next day worse.



Call the doctor if:

- ✓ Your fatigue suddenly becomes much worse
- ✓ You feel dizzy or lightheaded
- ✓ You seem to be sleeping much more than usual
- ✓ Something feels off – this is not the usual fatigue you have

YOUR RESOURCE FOR PMR INFORMATION AND UPDATES

Learn more at **GHLF.org/LivePMR**
or scan the QR code!



You can use your phone's
camera to scan the code!

