SPECIALISED Health

BOUNCE™

A 12-week program facilitated by Exercise Physiologists aimed at helping you regain control of your fatigue condition

Strongly in line with the NICE draft guidelines for fatigue management, 2020, the Bounce™ program utilises the latest biofeedback technology, in conjunction with activity planning and pacing methodologies, to individualise each client's bespoke fatigue management program.

While there are no set timelines or milestones for the **Bounce™** program, there are typical components that your Consultant will guide you through in order to achieve each "bounce" in function. These may include:

Weeks 1- 4

An introduction to fatigue management strategies, personalised data collection and identifying your energy envelope

- All clients receive a Smart Watch and Heart Rate Variability (HRV) monitor to track biometric data
- Start your activity log book and receive an introduction to the concept of "rainbow" task scheduling
- Discover when and when not to "Bounce"

Weeks 5-9

Supervision and monitoring of your energy expenditure, activity, physical maintenance, sleep / rest and nutrition

- Analyse your data with your personal Consultant
- Plan each Bounce in activity based on your results
- Review the success of each Bounce and make adjustments as needed

Weeks 10-12

Review your successful Bounces and prepare for self management

- Take stock of your program with your Consultant and determine what has and what hasn't worked
- Be provided with self-management tools to empower your ongoing recovery
- Determine the ongoing level of interaction needed from your personal Consultant*

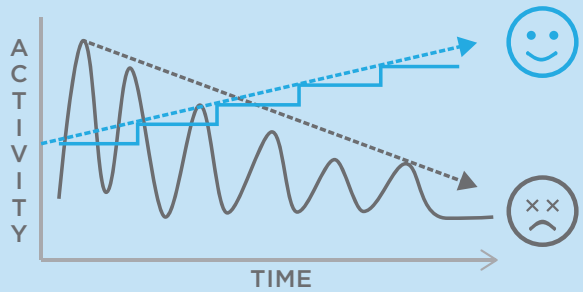
* *Program extensions are considered on an individual basis and are subject to approval*

Biofeedback: Pacing and Heart Rate Variability

Learning to measure your Heart Rate Variability (HRV) is an important part of the Bounce program.

HRV is the variation in time between your heart beats and is a strong indicator of the health of your Autonomic Nervous System (responsible for regulating energy, sleep, digestion, etc.) Low HRV numbers are correlated with poor ANS function and fatigue sufferers have regularly been found to have low HRV scores[2,3,4]

By measuring HRV you can learn to avoid "boom and bust" periods and start to successfully follow the path of the blue line below back to full function.



If you'd like more information on how our Exercise Physiologists can help you manage your fatigue condition please contact your Insurance Case Manager or Specialised Health on admin@specialisedhealth.com.au.

1. NICE - Myalgic Encephalomyelitis/chronic fatigue syndrome diagnosis and management, Draft for consultation, November 2020.
2. Boneva, Roumiana S., et al. "Higher heart rate and reduced heart rate variability persist during sleep in chronic fatigue syndrome: a population-based study." Autonomic Neuroscience: Basic and Clinical 137.1 (2007): 94-101.
3. J.L. Newton, O. Okonkwo, K. Sutcliffe, A. Seth, J. Shin, D.E.J. Jones; Symptoms of autonomic dysfunction in chronic fatigue syndrome, QJM: An International Journal of Medicine, Volume 100, Issue 8, 1 August 2007, Pages 519–526
4. Meeus, Mira, et al. "Heart rate variability in patients with fibromyalgia and patients with chronic fatigue syndrome: a systematic review." Seminars in arthritis and rheumatism. Vol. 43. No. 2. Elsevier, 2013.