

STICKING TO YOUR TREATMENT PLAN | A HOW-TO GUIDE

Being consistent with the plan made for you by your physiotherapist simply allows you to get better faster! We know that specific exercises are a vital portion of the treatment and management of a wide variety of acute and chronic health conditions. We also know that sometimes the exercises/stretchers may feel tedious and time-consuming. However, these exercises are carefully thought through by your therapist and are tailored to the progression of your injury.

#1 BELIEVE IN IT

The plan is not going to work if you don't like it, don't believe in it or if it's unrealistic for you to do. So communication is everything! Discuss it with your physiotherapist, to make sure it is set up for success!

#2 UNDERSTAND IT

Knowing how to do your exercises with good form, and the parameters of each exercise is so important! Nothing is worse than doing an exercise for two weeks and then learning you were doing it wrong! Your physio also wants you to really understand **THE WHY** of what you are doing with your plan so that you are motivated to achieve its benefits and get on the right track.

#3 MAKE IT A PRIORITY

Plan your day around your exercises and don't let other activities get in the way. Getting in a routine of doing the program at the same time(s) every day will guarantee you the best results in sticking to it!

#4 GET YOUR FAMILY + FRIENDS IN ON IT

Explaining the purpose of the rehab plan to your family or friends can be beneficial. If they know how often you are supposed to be completing your exercises they can motivate you to do them more regularly. Some may also complete the exercises with you. This will ensure that you are more motivated and that you see greater progress with your rehab plan.

#5 SET SOME GOALS

You and your physio will set some realistic short-term goals which are very motivating to stay on track. It's also very rewarding to reach your goals and see your progress. You can't track what you don't measure!

#6 BE PATIENT

Nothing good comes without hard work. And we know this as physiotherapists! Rehab can be slow progress, so remember this when you are getting discouraged. Tracking your efforts over the course of your program is a great way to look back and see that you really have made progress!

#7 KEEP ACTIVE

Resting is not the solution. Easy, gentle exercise is also better than sitting on the couch even with an acute injury. Remember! Exercise is MEDICINE. Your physio will go over with you alternative ways of keeping active when healing.

#8 KEEP AT IT

Once you have reached the end of your plan it is always a good idea to think proactively and preventatively. Continue on with the lifestyle advice and exercises that your physiotherapist gave you for the long haul! This will prevent recurrence of injury and reduce the chances of you needing further physiotherapy intervention in future.