

WHAT IS PHYSIOTHERAPY AND HOW CAN IT HELP ME?

This leaflet has been designed to tell you more about physiotherapy and how it can help you in maintaining/improving the health of your muscles, joints and bones.

About Physiotherapy

Physiotherapy helps with **sudden injury** like a broken bone or sprain and with managing **long-term medical conditions**, for example arthritis.

It is important that you are **involved in your own care**. Your physiotherapist will help you to understand your condition and develop a treatment plan.

Physiotherapy aims to give you the **confidence** to manage your musculoskeletal condition at any time in your life.

Physiotherapy takes a '**whole person**' approach to health and



How will exercise help my muscles, joints and bones?

- * Builds **stronger** and **healthier** bones, muscles and discs, making moving around easier and lessening the risk of injuries and falls.
- * Helps keep weight healthy which reduces the risk of and symptoms of some conditions like osteoarthritis.
- * Faster and better **recovery** from injury.
- * Can help to reduce pain.

When? It's never too late - becoming active at any age will benefit your health.

Who will benefit? Everyone! With the right advice people of any age, pregnant women and people living with disabilities and long term conditions will benefit from exercise.

Not sure how to get started? Your physiotherapist can help you find and start an exercise programme you will enjoy and direct you to groups and facilities in your local area to help you keep going.

How much? Any is better than none!

The World Health Organisation recommends:

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least
2
days
a week

Tight on time this week? **Start with just 5 minutes.** It all adds up!



Goal Setting:

Your condition/injury may make certain activities hard to do. By identifying these activities or tasks it allows us to set goals and to understand what is important to you.

Your physiotherapist will work with you to help you achieve your goals and this will allow you to get back to doing the things that matter to you.

Think about what you would like to be able to do. For example:

- * 'I want to get back to football training and matches next season'
- * 'I want to be able to spend time with family and look after my Grandchildren'
- * 'I want to be able to go to the supermarket and manage a full shop without pain'
- * 'I want to get back to walking my favourite walking routes with my family and friends'
- * 'I want to be able to do my housework without pain'

It is important that goals are specific and meaningful to you. They should also be realistic and it helps to have a time-frame in mind to give you a date to work towards. You want your goals to be *challenging* but they shouldn't be *unachievable* or *unrealistic*.

You can also think about smaller steps or short-term goals to help you achieve your long-term goal. For example:

- * 'I will go to the gym 3 days per week and spend 1 hour on strength training'
- * 'I will go out for a walk for 15 minutes every day after lunch'
- * 'I will do one or two pieces of housework a day and leave the rest for the next day'

It is important to remember that everybody's goals are individual and so will vary between people.

Your physiotherapist will work with you to work out what goals are important to you.