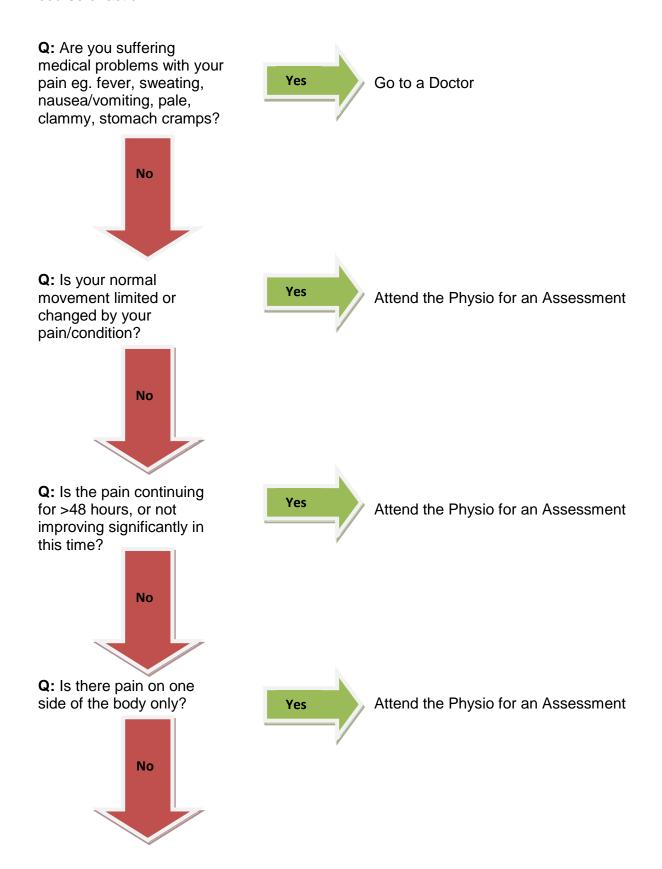
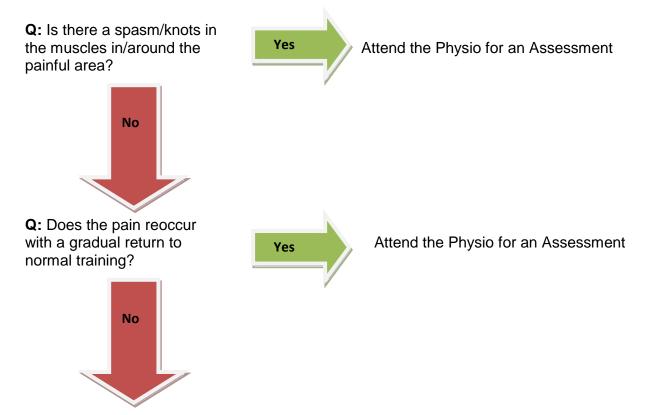
## Your Guide to knowing when to see a Physiotherapist:

How do you determine if the discomfort you are experiencing is appropriate training pain or if it indicates an injury?

Below is a flow chart which indicates the best methods to determine the appropriate course of action:





If the answers to the above questions are no, you will still benefit from a Physiotherapy assessment to prevent reoccurrence. Remember, the pain occurred for a reason (usually accumulative strain – due to habitual poor movement patterns) and without addressing the cause the condition is likely to return.

Please don't hesitate to contact us at any time if you have any questions or would like to make an appointment.

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