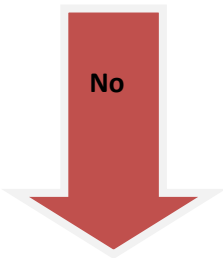


Your Guide to knowing when to see a Physiotherapist:

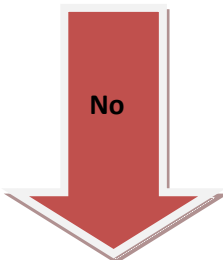
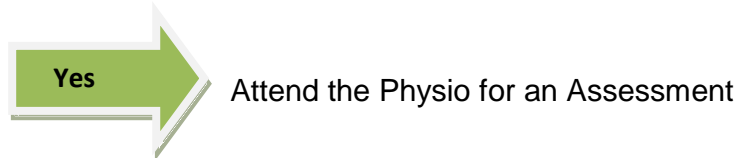
How do you determine if the discomfort you are experiencing is appropriate training pain or if it indicates an injury?

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

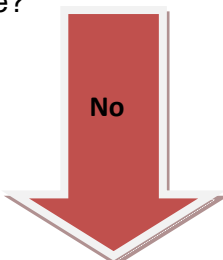
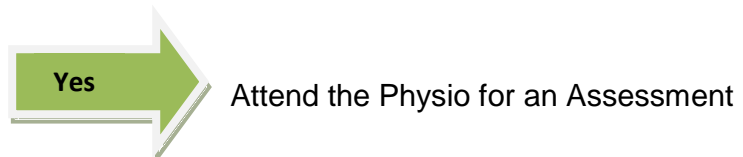
Q: Are you suffering medical problems with your pain eg. fever, sweating, nausea/vomiting, pale, clammy, stomach cramps?



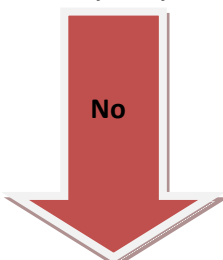
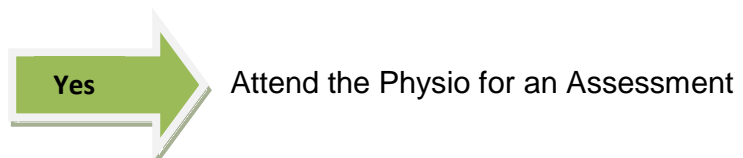
Q: Is your normal movement limited or changed by your pain/condition?



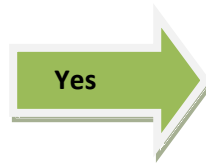
Q: Is the pain continuing for >48 hours, or not improving significantly in this time?



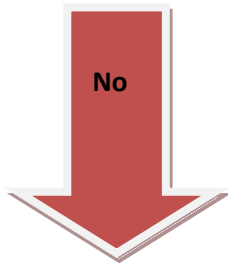
Q: Is there pain on one side of the body only?



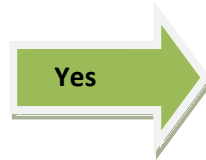
Q: Is there a spasm/knots in the muscles in/around the painful area?



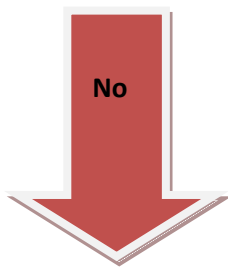
Attend the Physio for an Assessment



Q: Does the pain reoccur with a gradual return to normal training?



Attend the Physio for an Assessment



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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