

INFORMATION HANDOUT
**BENEFITS OF
PHYSIOTHERAPY**

FAQ

Benefits of physiotherapy

Physiotherapy can provide numerous benefits for people of all ages and with various conditions.

1. **Pain relief:** Physiotherapy can help relieve pain caused by musculoskeletal, neurological, or other conditions.
2. **Improved mobility and range of motion:** Physiotherapy can help increase flexibility, mobility, and range of motion both generally, or within a specific joint.
3. **Rehabilitation:** Physiotherapy is an essential part of rehabilitation for people recovering from surgery, injury, or illness. Personalised treatment plans to help patients regain strength, mobility, and function.
4. **Improved balance and coordination:** Poor balance directly increases the risk of serious falls, particularly in older adults. Physiotherapy can help improve balance, which can significantly reduce risk of falls, fear of falling and improve quality of life.
5. **Prevention of future Injuries:** Physiotherapy can help prevent future injuries by identifying and addressing potential issues before they become a problem.
6. **Management of Chronic Conditions:** Physiotherapy can help manage chronic conditions such as arthritis, back pain, lymphoedema or fibromyalgia. It can involve a combination of manual therapy, exercises, and education to help patients manage their condition.

Physiotherapy can help improve physical function, reduce pain, and enhance overall quality of life for people with a variety of conditions. It is a safe and effective treatment option that can be tailored to meet individual needs and goals.

What happens during my initial consultation?

During your first physiotherapy session, your physiotherapist will begin by conducting a thorough assessment of your condition. This will involve a detailed medical history and a complex physical examination of the affected area(s) of your body. Your physiotherapist may ask you about your symptoms, when they began, and activities that aggravate or alleviate your pain.

The physical assessments will evaluate your range of motion, strength, flexibility, and balance. These tests can help the physiotherapist identify areas of weakness, muscle imbalances, or other issues that may be contributing to your pain or dysfunction.

Once the assessment is complete, your physiotherapist will discuss their findings with you and recommend a treatment plan. This may include a combination of manual therapy and exercises designed to address your specific condition and goals. Your physiotherapist will also educate you on self-care techniques you can use at home to manage your condition.

It is important to communicate openly with your physiotherapist during your first session, as well as throughout your treatment journey. Let your physiotherapist know about any concerns, questions, or changes in your condition so that they can adjust your treatment plan as needed.

What caused my pain and how can I stop it from happening again?

The cause of your pain or injury can vary depending on the specific condition and individual factors. Some common causes include poor posture, overuse, trauma or injury, and underlying medical conditions. Your physiotherapist will perform a thorough assessment to identify the underlying cause of your pain or injury.

To prevent the pain or injury from recurring, it is important to address the underlying cause. Your physiotherapist may recommend a combination of treatments, such as manual therapy, exercise, and education on proper body mechanics and posture. They may also recommend modifications to your daily activities or work environment to prevent further strain on your body.

Here are some general tips to help prevent pain or injury:

1. **Maintain good posture:** Keep your back straight, shoulders relaxed and feet flat on the floor. Avoid slouching or hunching over.
2. **Exercise regularly:** Motion is lotion! Regular exercise can help strengthen your muscles, improve flexibility, range of motion, and prevent injury.
3. **Take breaks:** Take regular breaks when sitting or standing for extended periods of time and stretch or move your body every hour.
4. **Use proper technique:** Use proper lifting and movement techniques to avoid strain on your body.
5. **Stay hydrated:** Drinking plenty of water can help keep your muscles and joints hydrated and healthy.
6. **Get enough rest:** Make sure to get enough rest and sleep to allow your body to recover and repair.
7. **Seek early treatment:** Seeking treatment as soon as you become aware of a problem will prevent it from becoming a chronic condition.
8. **Manage stress:** Manage stress levels through relaxation techniques such as deep breathing, meditation, or yoga.

Remember, each person and condition are unique, so it is important to work with your physiotherapist to develop a personalised plan to prevent your pain or injury from recurring.

How long will take to get better?

The length of time it takes to recover from an injury varies depending on factors including the severity of the injury, the underlying cause, your age, and overall health, and how well you follow your physiotherapy treatment plan.

Recovery times can also depend on the specific treatment goals, which can vary depending on the individual. Your physiotherapist can give you a better estimate of the expected recovery time after the initial assessment. They may also provide you with home exercises and self-care techniques to complement your in-clinic treatments and help speed up the recovery process.

It is important to remember that recovery is a process, and it can take time. Consistency and patience with your treatment plan are key to achieving the best possible outcome. By working closely with your physiotherapist and following their recommendations, you can maximise your chances of a successful recovery.

Will I have to stop my current training sessions?

This will depend on your individual condition and the advice of your physiotherapist. In some cases, it may be necessary to temporarily modify or reduce your activity level to allow for proper healing and recovery. In other cases, you may be able to continue with your training or gym sessions with some modifications or adjustments.

Your physiotherapist can provide guidance on what types of exercises or activities are safe and appropriate for your condition. They may also provide you with specific modifications or alternative exercises to help you continue training while minimising the risk of aggravating your condition.

It is important to communicate openly with your physiotherapist about your current activity level and any training or gym sessions you are currently participating in. This can help them create a personalised treatment plan that considers your goals, preferences, and current activity level.

Remember, the goal of physiotherapy is to help you return to your normal activities as soon as possible while minimising the risk of further injury. By working closely with your physiotherapist and following their advice, you can achieve the best possible outcome and safely continue your training or gym sessions as appropriate.

Booking in to see our Physiotherapist:

We currently run physiotherapy out of all five of our clinics across Melbourne. Call us or book online. www.totalphysiocare.com.au

Total Physiocare Reservoir | 2 Orrong Ave, Reservoir, 3073 | 9469 3157

Total Physiocare Heidelberg | 70 Yarra St, Heidelberg, 3084 | 9457 7474

Total Physiocare Kew | 308A High St, Kew, 3101 | 9882 3291

Total Physiocare Footscray | Suite 8, 30 Eleanor St, Footscray, 3011 | 8393 5274

TotalCare Brunswick | 66 Brunswick Rd, Brunswick, 3056 | 8393 5288

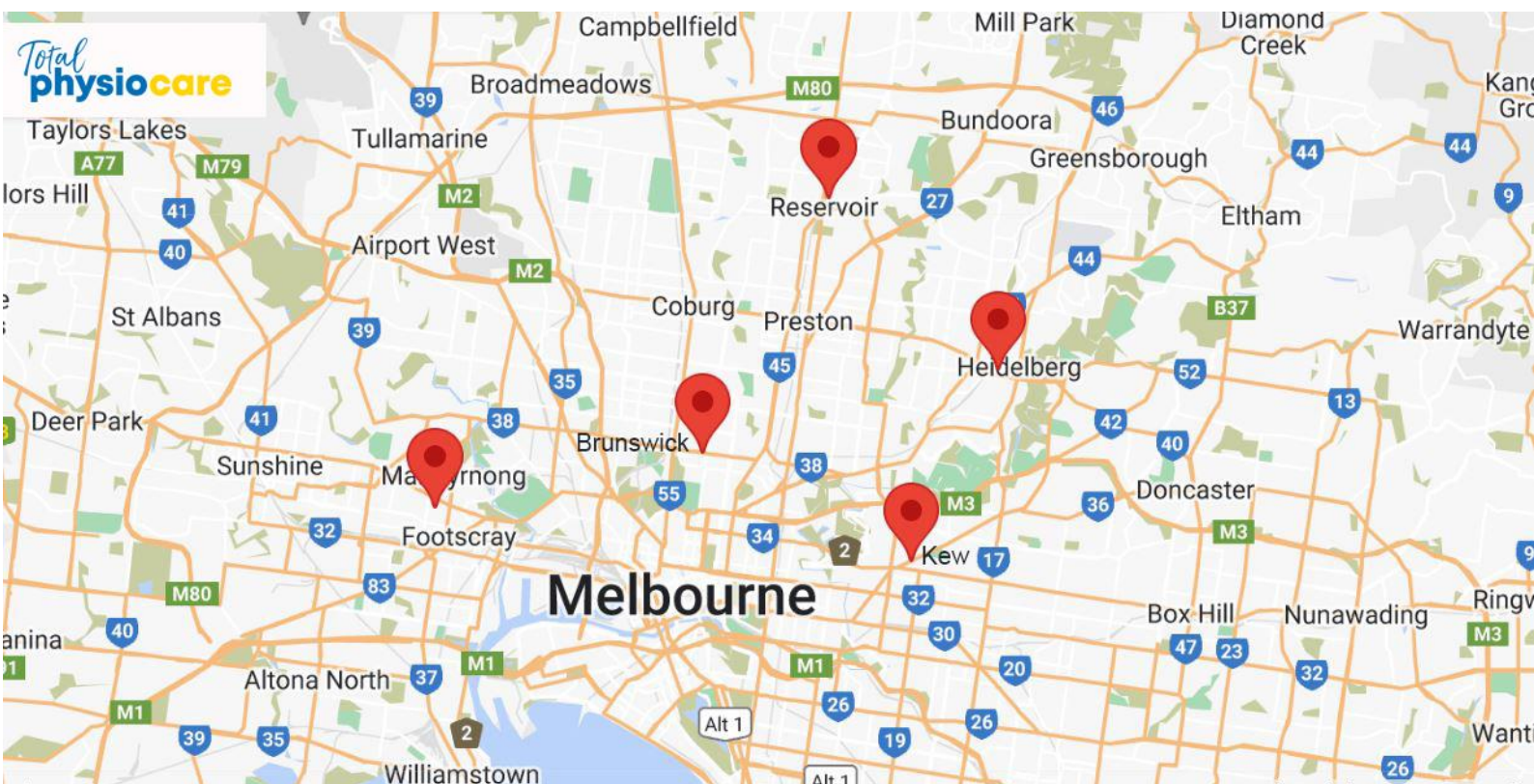
Total Physiocare runs many services across our 5 locations across Melbourne.

Call us or check out our website to learn more!

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Reservoir		Heidelberg		Kew		Brunswick		Footscray
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