

VASTA PHYSICAL THERAPY Inc.

PLEASE TAKE THIS PAGE HOME WITH YOU

This is a list of actions that patients can take to help them assist in their own recovery process.

These tips are provided to help reinforce concepts discussed during treatment time.

1. Decreased or (if possible) eliminate the activities which cause pain, which just perpetuates the inflammatory and/or degenerative process. *Identification of these harmful activities, postures or positions is essential.* Ask your therapist to provide you with different strategies to modify these activities.
2. If you get a delayed onset of pain that is difficult to connect to a specific activity, position or posture, play Sherlock Holmes. Look for common themes. Remember, activities that were preformed hours, or even a day earlier can be contributing. Also, remember that your pain threshold can be reached through an accumulation of activities.
3. If you do not get increased symptoms with walking, you should take therapeutic walks. The ideal is 2-3 x/day for at least 10-15 minutes (or as symptoms allow). It is OK to walk longer as long as it does not increase your symptoms.
4. With acute or recent injuries always apply ice. 10-15 minutes at a time. If visibly swollen, always add light compression. Repeat every hour.
5. Ice is also helpful with chronic or inflammatory pain, especially pain that comes on after activity.
6. Heat helps with stiffness, achiness and nerve-type pain, but should not be used with acute symptoms as it causes swelling.
7. To improve, you *must* do your exercise program as prescribed by your therapist.
8. To improve, you *must* utilize pain free and proper body mechanics. This is part of the team approach to resolving your pain.
9. Become aware if your pain is increased by muscle tension and stress. If you tend to hold the area of pain tightly, begin to train yourself to keep the muscles of this area relaxed. Ask your therapist for advice / help with this if needed.