

EXERCISE WITH US ON FACEBOOK

We have put together some fantastic exercise videos for specific injuries and age groups on our Facebook page so you can follow our expert physiotherapists and exercise safely at home.

facebook.com/ConnectPhysiotherapy



Did you know?

- That the recommended National guidelines for all adults is 150 mins of moderate activity (2.5hrs) – whether you're 18 or 101!
- What is moderate? – You should feel your heart beating faster, feel hotter, be breathing more deeply. You should be able to hold a conversation with someone, but not be able to sing!
- Do I have to do it in 30minute segments? NO – you can break it down into 10 minute chunks across the week.
- Go to nhs.uk/live-well/exercise for more information about exercise recommendations
- This guideline for minimum exercise exists because this is when we start to see the following health benefits start.
- Doing 150 mins of physical activity per week can:



- risk cardiovascular disease
- risk of various cancers
- risk of type two diabetes
- risk of depression/low mood
- help control your weight
- reduce risk of future injuries



- quality of sleep and relaxation
- feel-good chemicals to improve mood
- ability to cope with stress
- increase energy levels

OTHER FREE CAMDEN SERVICES

Want to lose weight and get fit? Get access to a FREE 12-week weight management and lifestyle programme with Camden Active. Call 020 7974 1741 for more information.

Struggling with your mental health? iCope is a free counselling service available to all Camden residents, visit www.icope.nhs.net or call 0203 317 6670.

Are you 18yrs+ and living with a long-term condition and need assistance with daily living? Call Age UK who can provide support with a variety of tasks - 0800 193 6067.

Are you 60+ years and feeling isolated or experienced a fall? Call 0800 161 5176 to speak to Age UK who can provide 1:1 support.

Need help to improve your diet, quit smoking or cut-down your alcohol intake? Visit the One You website for free advice and support www.mentalhealthcamden.co.uk/services/one-you-camden.

Discharge & Self-Management Information

PATIENT GUIDE

It has been agreed with your physiotherapist that you that can begin to 'self-manage' your condition.

This means that you should have the information, skills and confidence to take control of your body's needs and get back to your usual activities and responsibilities.

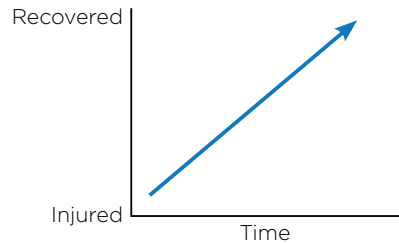
Please read & refer back to this leaflet for more guidance on managing your condition. If you need more advice from a physiotherapist you can call the Camden Physiotherapy Service on the number below.



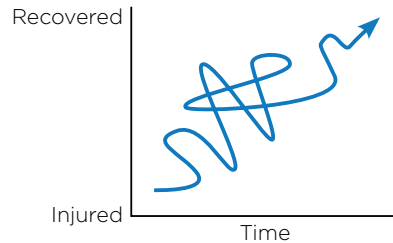
Should I exercise when it hurts?

- Exercise is scientifically proven to reduce pain and promote recovery.
- Because the exercises are working the joint and soft tissues that need to adapt to recover, some discomfort is to be expected and this is NORMAL.
- However, the discomfort post exercise should be TOLERABLE for you, settle within 24hrs and not reduce what you can do the following day.
- If you have a flare-up of pain, don't panic - this too is common. Sometimes the trajectory of recovery can be up and down but the general trend should be that you have LESS pain and can DO more.

What you think it will be like



What it really will be like



Progressing & Regressing your home exercise programme

It is important to continue to progress your exercises so that your muscles, tendons and bones continue to adapt, gain strength and reduce risk of future injury.

You can PROGRESS your exercises by:

- Increasing the **weight** that you're lifting, e.g. can of beans to 1kg of sugar to 2kg dumb bell
- Increasing the **volume** of exercise, e.g. number of repetitions from 5 to 10 and the number of sets from 3 sets to 5 sets
- Moving your body and/or weight **faster** so you need more explosive power
- Reducing the rest-time** between sets and/or exercise, e.g. resting for 15 seconds instead of 30 seconds

To REGRESS your exercise programme do the opposite:

Decrease the weight/volume/speed and increase the rest time.

TOP TIP

If you have a flare-up of pain or feel that things have gone backwards - don't panic, this too is normal. Just regress your exercise programme by reducing the weight you're lifting, reducing the number of repetitions and sets of the exercises and gradually build-it back up.

HOW LONG WILL MY REHAB TAKE?

- We are all different and therefore recovery time can vary.
- Muscles, tendons and joints take varying times to adapt, regenerate and heal at a cellular level.
- Therefore, it may take between 4-12 weeks+ for your symptoms to improve but you should feel some changes starting within 2-3 weeks.
- Some conditions however can take as long as 6-12+ months to get on top of.
- Ask your physiotherapist for more information on average healing times for your specific symptoms.
- If your symptoms dramatically worsen then please do call us ASAP.

LIFESTYLE CHOICES AFFECT RECOVERY

- Recovery also depends on lifestyle, factors such as: age, stress levels, how much sleep you get, your previous fitness levels and whether you have any other underlying health conditions.
- Eating a healthy diet, keeping active (within your limits of pain), sleeping for a minimum of 8hrs a night, avoiding smoking and alcohol will also improve recovery.

