



How to Stay Consistent with Your Physio Home Exercise Program

At CarePoint Health, our philosophy is to provide evidence-based physiotherapy care. We want to give you the tools to help you achieve effective, long-term results. Physiotherapists are trained to give you specific exercises that help with your particular health condition. We can even think of exercise as medicine which heals our body by strengthening muscles, increasing joint flexibility, building stronger bones, leading to better pain and stress management.

Your home exercise program experience will be like learning a new instrument. To get better, you will need to practice consistently, watch your form, set small goals, and be patient with seeing the results.

Here are **8 tips** to get the most out of your physiotherapy treatment and to help you stay consistent with your home exercise program:

1. **Understand why you're doing the exercises**

It helps to know why you're doing certain exercises and where you should feel them.

Understand how your body feels during the exercises. If you're not sure – please ask us! We love talking about exercise and health promotion strategies.

2. **Pair your exercise with something you already do at the same time everyday**

It's easier to remember to exercise when you attach them to your daily routine. For example, do heel raises when you're brushing your teeth. Do some knee stretches and squats when you're waiting for your morning coffee to brew. The more you get into the habit of linking your exercises to your daily activities, the more you'll do them automatically with less added time.

3. **Use technology to your advantage**

Use your smartphone's alarms and calendar reminders, or smart watches to automate your exercise schedule. There are many apps that help you track your exercise and water intake. Not a tech person? The old-fashioned method of a tick on the calendar or a blocked off time slot is a tried-and-true standard.

4. **Group your exercises**

Do your hardest exercises when you have the most energy, like first thing in the morning, and save the easier ones for low energy times, like before bed or after work. Also, try to group your

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exercises according to position. For example, do all floor exercises when you're in bed or on the couch.

5. **Use visual reminders**

Print out your exercises and tape them at your designated workout spot and keep equipment like a yoga mat, or TheraBand easily accessible. Take a picture of your exercises and use them as your smartphone's wallpaper. Keep a copy saved on your phone.

6. **Prioritize the important exercises.**

Some exercises are key to your recovery, such as postural exercises (relating to the way a person stands or sits). Know which ones are important and to be done consistently. If you're not sure – ask your physiotherapist!

7. **Try all the prescribed exercises and be familiar with them to be ready to discuss any concerns or modifications required on your next appointment.**

It helps us to know what your daily/usual exercise response was so that we can make an educated decision on your next treatment steps.

8. **Exercise is not necessarily meant to feel easy**

Your goal is to gently challenge your body to stimulate tissue repair and remodeling. It is normal to have some soreness for up to 3 days after starting new exercises. Try doing fewer repetitions, hold stretches for less time, and recheck your body position to make sure you are doing them correctly. If after a few attempts they are consistently making your condition worse, let us know, and we will make suitable changes to your program.

It's easy to take our body for granted when we don't have pain. Sometimes pain can be a wakeup call to remind us that we need to take care of ourselves and our bodies. Lastly, reduce risk of daily wear and tear with purposeful movement and restorative rest.

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