

## **Proactive Rehabilitation**

Gone are the days when injuries are treated with bed rest! Evidence today shows a strong correlation between activity levels and recovery from injury. This is most evident with long-standing injuries.

### **How does exercise help?**

Exercise has been shown to:

- o Increase blood flow/oxygen to muscles
- o Decrease waste products in muscles
- o Improve heart/lung function
- o Increase strength/endurance/flexibility of muscles

These benefits of exercise all combine to accelerate the healing process.

### **What forms of exercise are most suitable?**

Suggested activities include:

- Walking
- Riding (push bike/stationary bike)
- Swimming
- Exercise in the pool (hydrotherapy)
- Cross training machines at the gym

Most importantly, the activity must not reproduce the symptoms of the injury. It should also be something you enjoy and can do with a friend.

### **How often should this be done?**

Ideally 20 - 30mins/day would ensure the greatest benefits. However setting aside 30mins 3 – 4 times a week is a good compromise given the busy lives we lead.

Remember, this is only a part of the healing process. There will be certain activities to avoid and certain other areas to target. However, maintaining or improving fitness levels is a key component to injury management.

