



MARGARET RIVER - AUSTRALIA

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Tips To Help You Complete Your Home Exercises

An essential component of physiotherapy treatment is your home exercise program. All physiotherapists know that patients who complete their exercises will have better outcomes from their treatment, however it can be difficult to find time to complete them. Here are a few tips that can help you to fit your exercises into your weekly routine.

Plan when to complete them

Making a plan might sound simple, but the expression 'failing to plan is planning to fail' has some truth to it. Physiotherapy exercises are specifically targeted towards weak and tight muscles. The exercises are likely to be a little difficult and uncomfortable. Setting time aside in advance to complete them can help you overcome any resistance to getting them done.

Ask your Physio to prioritise them

Your physiotherapists might give you a combination of exercises to complete. If you're struggling to find time to complete them all, ask your physiotherapist to rank the exercises in order of importance, this can help you to make sure you complete the most important ones when you are short of time.

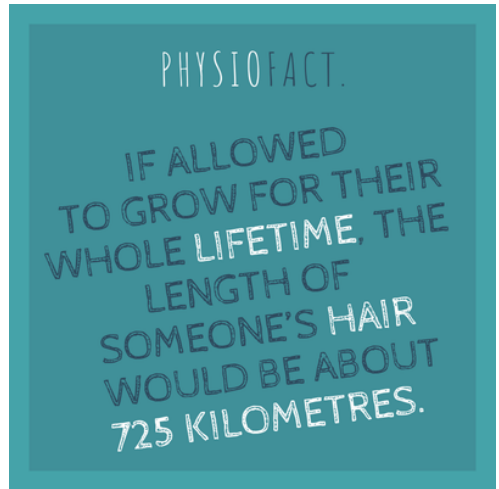
Set triggers as reminders

You can use small every day tasks as reminders to remind you to complete your exercises. Some examples include boiling the kettle, brushing your teeth or as a final task before getting into bed.

Use Positive reinforcement

Combining a task you don't enjoy with one that you do is a great way to motivate yourself. You can either pair your exercises with something you love such as watching an episode of your favourite tv show or give yourself a reward once they are completed. Either way, the more positive associations you make with completing your home exercise program, the less barriers you make to completing them.

Want more tips? Ask your physiotherapist for their top tips and tricks for fitting your exercise program into your day.



Brain Teasers

What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

What is 3/7 chicken, 2/3 cat and 2/4 goat?

Tips For Managing Knee Pain

Complete your rehabilitation program. Often we fail to full recover strength, balance and control after an injury, leaving us vulnerable to future injury.



Strains vs. Sprains

Strains and sprains are words that are used almost interchangeably when describing injuries, however, they each have quite distinct meanings. The most straightforward explanation is that a "strain" refers to a tear in a muscle or tendon, while a "sprain" refers to a tear in ligament fibres. Here we briefly describe what that means and how we treat sprains and strains differently.

Ligaments are fibrous tissues that connect and hold bones to other bones. These are very strong parts of your anatomy and, depending on the joint, provide large amounts of support and stability to the body.

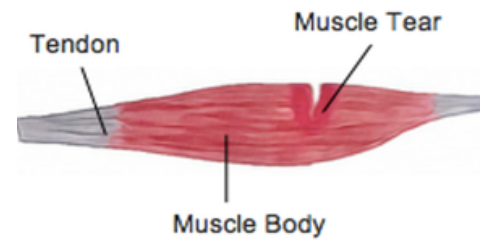
Some ligaments are so strong that sometimes a bone will break before the ligament will tear. When ligament fibres do tear, the nearby joint can feel unstable as it has lost some of its structural support. A torn ligament will usually become painful and swollen, it may appear red and

also warm touch and occasionally there will be some bruising. The pain will be worse with movement or if the ligament is placed under more stress. Occasionally, if a ligament has torn all the way through, the pain will not be as severe as it is with a partial tear.

Your physiotherapist can grade the severity of a ligament sprain, which will help guide treatment and expected recovery times. Muscle strains are easy to confuse with ligament sprains, however, there are a few telltale differences. Following a muscle tear, it is more likely that you'll feel weakness rather than instability. The pain will also be isolated over the muscle, rather than near a joint.

An injury to a ligament will be tender over the site of the ligament and special tests can be done to test for any joint laxity. Treatment is also slightly different as sprains will need more support and will sometimes even need to be braced, whereas muscle strains will benefit from gentle

movements earlier. In both cases, following the basic principles of rest, ice, compression and elevation is great advice in the early stages of any injury. Applying heat is not recommended until at least two days after the injury.



It is important to seek a professional opinion when recovering from both a strain and a sprain. It is very easy to re-injure an area while it is healing if undertaking strenuous activity too early and without correct rehabilitation. Speak to your physiotherapist for more information.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your injury.

Answers: 1. NOON 2. Chicago

Baby Carrot and Almond Salad

Ingredients

- 1 bunch baby carrots (any colour)
- 1 Tbsp white wine vinegar
- 1 tsp honey
- 1 Tbsp soy sauce
- 1 Tbsp peanut oil
- 2 Tbsp almonds, roughly chopped



1. Trim carrot tops, wash. Soak leaves in cold water for 30 minutes, dry, and store in moist towel in the crisper of the fridge.
2. Whisk together white wine vinegar, soy, honey and peanut oil.
3. Place the carrots in saucepan of cold water and bring to boil. Simmer for 5 minutes, drain and cut in half if desired. Toss with dressing.
4. Add 3 tbsp of the chopped leaves and almonds and mix with carrots.

Ready to serve straight away.


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