

WHEN TO SEEK PHYSIOTHERAPY

At Physiodynamix we specialize in treatment of injuries that have occurred, but we also focus on PREVENTION of injury. Don't wait for something to go wrong before seeking treatment!

Telephone: 011 706 7433

DID YOU KNOW? Preventive Physiotherapy can reduce your risk of injury



Sitting at a desk can result in overuse injuries: before that niggle in your neck becomes chronic, see your physio.

Feeling a mild stiffness? Your golf swing not quite right this week? Could be the start of an overuse injury – consult your physio now!



Most of us wait until we really feel unwell or sore... don't wait until it breaks! Seek treatment now!

In corporate settings it is well known that employee wellness affects the bottom line. Encourage your employee who suffers regular mild pain episodes to see a physio.



Quick Facts:

- Most cycling, swimming, running or walking injuries are predominantly overuse injuries.
- Overuse injuries have a “pre-painful” stage where there may be tenderness but not pain, *per se*.
- Athletes in particular, are used to a level of discomfort during or after training and may be at risk of ignoring warning signs, until such time as performance is compromised.



Take this easy quiz to see if Physiotherapy could benefit you:

Answer “yes” or “no” to the following easy questions:

1. Do you have difficulty climbing stairs?
2. Is getting in and out of bed more difficult than it used to be?
3. Have you recently suffered a fall?
4. Have you recently had surgery or extended bed rest?
5. Do you have regular back or neck aches and pains?
6. Do you have problems breathing?

If you answered “YES” to one or more of these questions you could benefit from preventive physio!

If none of these questions resonated – you're good for now but remember, don't leave injuries or aches & pains until a small niggle becomes a BIG problem!



For all your preventive physiotherapy needs make an appointment **NOW** for an assessment and treatment with one of our experienced Physiotherapists

011 706 7433



www.physiodynamix.co.za