

How can physiotherapy help with your injury rehabilitation?

A pocket guide



Physiotherapy focuses on injury rehabilitation, chronic pain management, and overall enhancement in quality of life.

Benefits of physiotherapy

- Manage pain without excessive medication use
- Reduce the need for surgery

Physiotherapy processes



Initial Assessment



Treatment Session



Home Exercise



Evaluate Progress

Who can benefit from physiotherapy?

- **Individuals with Musculoskeletal Injuries**
 - Spinal pain including neck and back pain
 - Peripheral joint pain such as shoulder pain, elbow pain, hip pain, knee pain and ankle pain
- **Post-Surgical Rehabilitation**
 - Post-surgery rehabilitation
 - Pre-surgery preparation
 - Ligaments reconstruction
- **Individuals with Neurological Conditions**
- **Athletes**
 - ACL injuries
 - Sprained ankle
 - Tennis elbow
 - Swimmer's shoulder
 - Dislocated shoulder
 - Runner's knee
 - Achilles tendonitis
- **Individuals with Respiratory Conditions**
- **Older Adults**
- **Individuals with Cardiac Conditions**
- **Women's Health**
 - Pregnancy-related musculoskeletal pain
 - Antenatal and postnatal exercise
 - Postnatal pelvic floor rehabilitation
 - Rectus diastasis
 - Pelvic organ prolapse
 - Urinary/ faecal incontinence
 - Sexual dysfunction such as vaginismus and vulvodynia
 - Coccyx pain
 - Post-gynaecological surgery rehabilitation
 - Clogged ducts or mastitis
- **Individuals with Chronic Pain**