

HOW TO MANAGE AN INJURY?

Recovering from an injury involves more than just making symptoms better. The following 6 guidelines are strategies to optimize your recovery journey.



1 BE THE DRIVER

In recovery, you can be a 'driver' or a 'passenger'. Passengers rely on others to take them somewhere. Drivers set the course and are in control. Being a DRIVER means using the resources available to help you get where you want to go. It means being ACTIVE in the process, not PASSIVE.



2 LOOK TO THE FUTURE

Looking to the past can leave us focusing on what we have lost, what we can't currently do, or what is unfair. This leaves us stuck and held hostage by an injury. Reflecting and learning from the past is important, but we can't change it. All we can do is look ahead and focus on future possibilities. Have optimism about recovery, focus on solutions, and set goals to achieve the future you want.



3 WORK SMART

It is important to work hard in your rehab program, but it is more important to 'work smart'. Working smart means trying new things, changing your approaches and experimenting. Examples of working smart include, pacing yourself, using good body mechanics, considering your day and planning how to complete what you need to get done.



4 REHABILITATION FOR LIFE

The goal of recovery is getting back to all of 'life'. Give focus to family, friends, recreation, hobbies, and leisure. Use goals and be strategic in how to get back to all the fun things that give spice to life.



5 BE BIGGER THAN YOUR INJURY

Your injury is part of you, but it doesn't dictate who you are. You are 'bigger' than your injury. Keep things in perspective and aim to stay engaged with all the areas in your life that you value, even if you need to change some of the 'rules of engagement' in how you participate.



6 REHABILITATION IS 24/7

You're probably in treatment sessions less than 1% of your week. Consider what you're doing for the other 99%. Recovery requires you taking advantage of the 99%.