

CHOOSING THE RIGHT SOLUTION  
FOR YOUR PAIN/INJURY

# 5 QUESTIONS TO ASK YOUR PHYSIOTHERAPIST

Christiaan Moolman Physiotherapy Inc.

A close-up photograph of a person's neck and shoulder area. A hand is shown massaging the neck muscles. The person has dark hair and is wearing a small earring. The text 'PHYSIOTHERAPY 101' is overlaid in a bold, dark font.

# PHYSIOTHERAPY 101

At some point in life nearly everyone will end up dealing with a pain or injury that isn't going away on its own. Finding the best solution for the problem is all about having the right information, and gathering that information is all about asking the right questions. So as you search for solutions to your pain/injury and strive to get back to doing the things you need, want, and love to do, make sure you ask the following questions about any treatment options you are considering.



**#1**  
**WILL PHYSIOTHERAPY WORK FOR  
MY PAIN?**

In the vast majority of cases physiotherapy is considered extremely effective.

Research suggests that physiotherapy significantly improves the rehabilitation and recovery of most conditions, as well as being instrumental in the prevention of further injury. Physiotherapy often forms an integral part of a patient's treatment plan and can be a means of relaxation and an indicator of individual progress; this can boost self-esteem and ameliorate the rate of recovery.

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# **#2**

## **HOW WILL YOU ASSESS MY INJURY?**

### **ASSESSMENT**

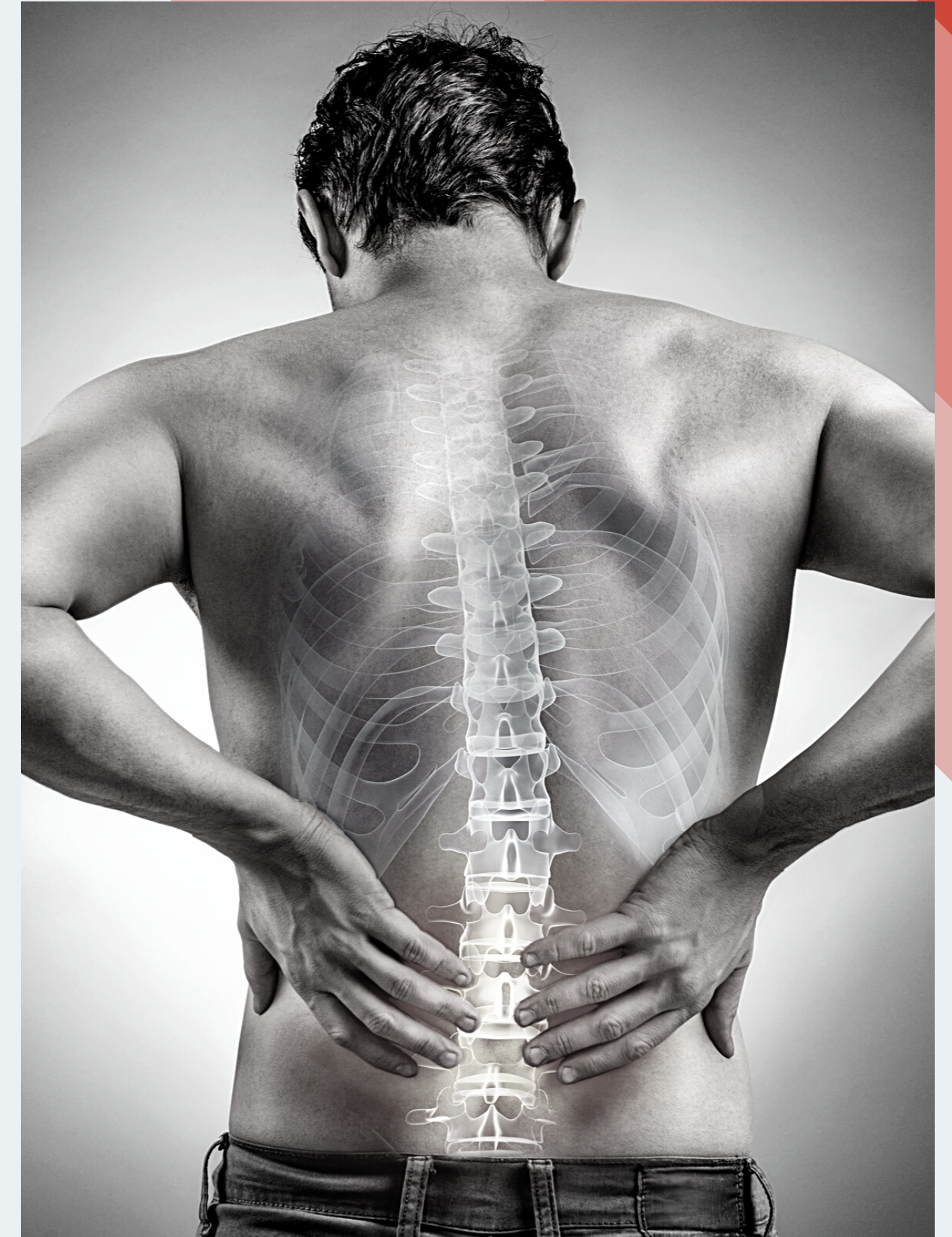
During an initial assessment, it is important that your Physiotherapist asks you detailed questions about your injury. They should ask questions about your health history, medical conditions, how you got injured, your level of pain, and your description of the pain. Once they understand the scope of your injury, they will test your range of motion, strength, and joint movement. The physio will listen carefully and pay attention to every detail before deciding on a treatment plan.

All this allows the physiotherapist to identify which structures are involved and which are not. More often than not there are a number of structures involved and so the treatment will be multifaceted.

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# #3 HOW CAN I ACHIEVE A DESIRABLE OUTCOME FROM THE TREATMENT?

Communicating effectively with your physiotherapist is imperative to managing expectations. Your rehabilitation goals should align with your physiotherapist's treatment goals. It is important that you understand how long treatment will take, the commitment required, and what results you can expect to achieve from the recommended course of treatment.



# #4 HOW MANY VISITS WILL I NEED?



NO TWO INJURIES ARE THE SAME. THE AMOUNT OF TIME AND NUMBER OF SESSIONS IS CUSTOMIZED BY YOUR PHYSIOTHERAPIST. THE GOAL OF THE PHYSIOTHERAPIST SHOULD BE TO RECOMMEND A TREATMENT PLAN THAT OFFERS BOTH THE QUICKEST AND MOST EFFECTIVE RECOVERY OUTCOME. THE THERAPIST SHOULD TAILOR THE PLAN TO YOUR LIFESTYLE AND POCKETBOOK.



## **#5 HOW LONG DO I HAVE TO WAIT TO SCHEDULE FOR AN APPOINTMENT?**

As quickly or as early as possible. Early intervention is critical to a speedy recovery. Studies have shown that people who receive treatment right after an injury, have shorter recovery times and are eight times less likely to develop chronic pain.

# Physiotherapy Services Offered

## **PAIN MANAGEMENT**

Injuries and Chronic Pain Management

## **DEVELOPMENTAL THERAPY**

Low Muscle tone and Motor Milestones

## **NEUROLOGICAL CONDITION**

Neurorehabilitation and

## **PELVIC HEALTH**

Menshealth and Womenshealth



## DO I HAVE TO COMMIT?

It's okay to be non-committal. Your health is important, and you don't want to rush into making the wrong decision.

Yes, it's important to seek treatment for your injury right away, but you need to make sure that you have found a Physiotherapist who fits your needs, lifestyle and rehabilitation goals.

# Talk to a Physio first...

**BOOK A FREE 15MIN  
TELEHEALTH  
CONSULTATION NOW!**

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## WELCOME TO OUR PRACTICE

Book your appointment now!