



HELPING YOU FIGURE OUT THE FIRST STEP FOR YOUR INJURY

First of all, you don't need to go through the **decision tree (Page 3)** for every type of injury. Some are a given that you should see a professional for as rest alone will not be good enough and/or you need to rule out more serious conditions. You should also consider that you may need to use multiple professionals for complete care.

Resting may help prevent further damage but appropriate physical therapy accelerates healing, helps prevent future injuries and restores your confidence.

These lists covers some prime examples but are not exhaustive.

See a Physical Therapist* for any of the following:

- Ankle sprain
- Any muscle strains
- Rehabilitation after any surgery
- Rehabilitation after any fractures and dislocations
- Exercise therapy is excellent before, during and after cancer treatment when managed appropriately with your doctor too.
- Chronic conditions such as Parkinson's and COPD can benefit hugely with Physical Therapy.
- Concussion rehabilitation

**You could also seek other rehabilitation professionals you have confidence in such as osteopaths, neuromuscular therapists, chiropractors and more.*

See a Doctor if you're displaying the following symptoms:

- Abdominal pain
- Unrelenting pain
- Widespread symptoms
- Any pain that also accompanies systemic symptoms such as fever or vomiting

Go to A&E and/or use an onsite medic for the following concerns:

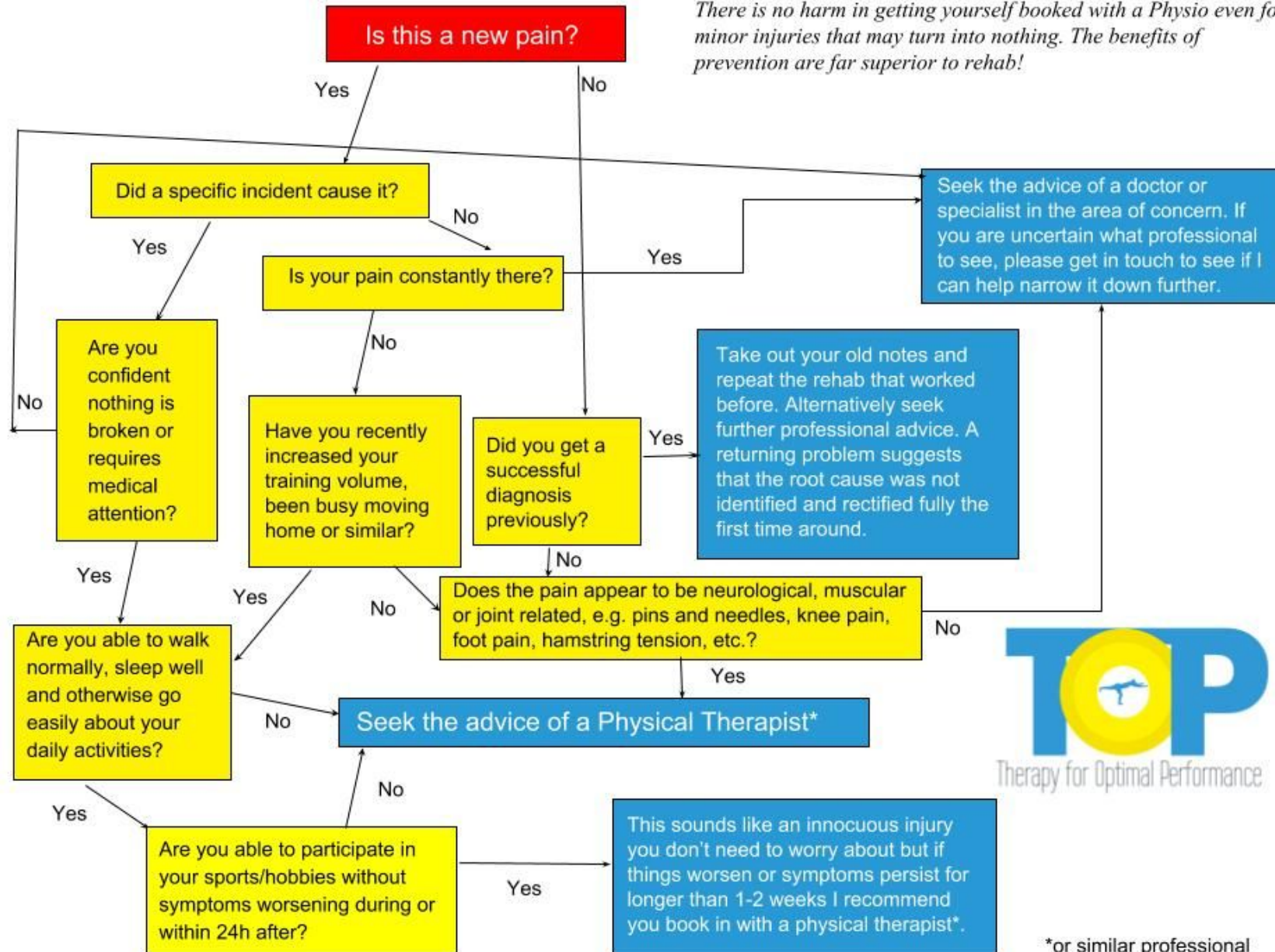
- Concussion with [red flag symptoms](#)
- Joint dislocation
- Suspected fractures

The following are examples of some ambiguous symptoms that may require a multi-modal approach or two or more specialists to confirm the diagnosis.

- **Headaches** - there is a wide range of possible causes for headaches such as eye strain, neck muscular tension and tumours. Unless your headaches are severe or constant, consider seeking physical therapy advice first as they will be able to rule in and out the widest range of possible causes. If you have a gut feeling the headaches could be more sinister however, seek out medical advice first.
- **Low back pain** - 90% of cases are simply due to excess tension. A physical therapist is also trained to screen for medical causes of low back pain so it is far more helpful usually to see a physio before a doctor.
- **Concussion** - you may actually need to combine both a doctor and a trained physical therapist to recover fully from concussion. Medical clearance should be given before returning to play and a graduated return to play protocol should be given to you by the Physical Therapist, along with ensuring no altered vestibular or ocular issues remain.
- **Dizziness** - this could be caused by neurological, vestibular or other systemic disturbances. A Physical Therapist or doctor can help narrow it down but to rule out more serious concerns first it is probably best to see a doctor. There are also specialist therapists who work with dizziness as a primary complaint.

Still unsure? Just call your local physio, describe your symptoms and they'll be able to tell you right away if they think they can help you or you should look for a different professional. Never stop looking for a solution!

There is no harm in getting yourself booked with a Physio even for minor injuries that may turn into nothing. The benefits of prevention are far superior to rehab!



*or similar professional