

CONSISTENCY IS KEY!

Stick to your physical therapy exercises with the help of a health coach to stay on track.

Understanding Pain

Break Through Fear: Begin with doable exercises and work up slowly under the guidance of your physical therapist.

PAIN RULES

- When exercising, you can think of a stoplight.
- If your pain becomes too painful, or lasts for a long time after exercising, stop the exercise and let your therapist know.
- Don't go through the reds, stick to the yellows and greens!



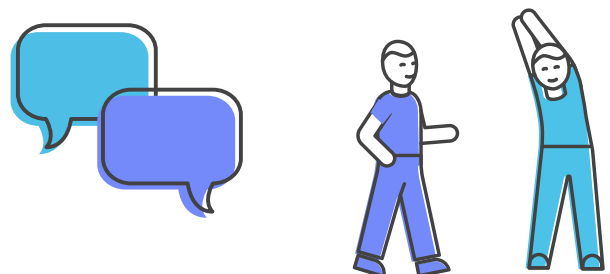
MAKE EXERCISE A HABIT

- Link your exercises with daily tasks, like brushing your teeth, to build a habit.
- Use reminders like alarms or sticky notes to keep you motivated, set small milestones, and celebrate wins.



ENHANCE YOUR THERAPY EXPERIENCE

- Communication: Update your physical therapist about your progress and challenges.
- Social Sessions: Exercise with friends or family to make sessions fun.



NEXT STEPS

- Use the included worksheet to log exercises and track progress.
- Share updates with your therapist and health coach for one-on-one guidance.