

Tips for MSK Patients When Doing Exercises



1. Start Slowly

- Begin with **gentle movements** and low intensity.
- Gradually increase repetitions, resistance, or duration.
- Avoid doing too much too soon.

2. Warm Up First

- Spend **5–10 minutes** warming up (light walking, gentle mobility).
- Warming up reduces stiffness and risk of injury.

3. Listen to Your Body

- Mild discomfort or stretching is **normal**.
- Sharp, severe, or worsening pain is **not normal**—stop and reassess.
- If pain lasts >24–48 hours, reduce intensity next time.

4. Focus on Technique

- Quality is more important than quantity.
- Move slowly and with control.
- Avoid compensating with other body parts (e.g., swinging, leaning).

5. Breathe Normally

- Don't hold your breath.
- Exhale during effort, inhale during relaxation.

6. Stay Consistent

- Short, regular exercise sessions (10–20 minutes) work better than occasional long ones.
- Aim for **3–5 days per week** for best results.

7. Modify When Needed

- You can:
 - Reduce weight or resistance
 - Decrease repetitions
 - Adjust range of movement
- Ask your physiotherapist for personalised alternatives.

8. Use Heat or Ice if Helpful

- **Ice** after exercise if the area feels warm, swollen, or irritated.
 - **Heat** before exercise to reduce stiffness.
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9. Stay Hydrated

- Drink water before and after exercise.
 - Proper hydration helps muscles recover.
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10. Track Your Progress

- Keep a simple log of pain, reps, and activity.
 - Helps you and your clinician monitor improvement.
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11. Mix Strength, Stretching, and Mobility

- Strength helps protect joints.
 - Mobility keeps joints moving.
 - Stretching reduces tightness.
- A combination is most effective for MSK conditions.
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12. Don't Compare Yourself to Others

- Every MSK condition is different.
 - Progress may be slow but consistent improvement matters more.
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13. Know When to Stop

Stop and seek advice if you experience:

- Sudden increase in pain
 - Severe swelling
 - New numbness or weakness
 - Feeling unwell or dizzy
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14. Make It Enjoyable

- Choose exercises that fit your lifestyle—home, gym, walking, swimming.
- Enjoyable routines improve long-term adherence.