



SCOPE CHIROPRACTIC
SPORTS INJURY & REHAB CLINIC

How to improve your pain and fast track your recovery

Pain and injury is a reality of life and something we will all experience at some point. But when we are unable to do the things that are meaningful to us whether that be exercise, work or simply spending quality time with family and friends it can become frustrating and challenging.

This e-book will give you the tools and the best opportunity to recovery from injury faster so you can get back to the things you love.



A quick background on pain

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Pain is a complex phenomenon. It is a different experience for everyone and there are many factors that feed into our pain experience. While the science is still being debated about the exact mechanism of pain, what is known is that there are 3 broad categories that interact to produce pain. These are biological (mechanical trauma or injury), psychological (the experience of pain including prior experiences and expectations) and social (the social impact of pain and injury).

Due to the complex nature of pain we must approach it from a holistic stance. Research strongly suggests that many lifestyle decisions and habits impact our ability to recover well. Particularly sleep, stress, nutrition and mindset.

For this reason we have created the 'Pain Recovery Hierachy'. We hope this content helps to fast track your pain experience and enhance your overall health and wellbeing.

THE BACK TO YOUR BEST PATHWAY

Get Back To Doing What You Love

Our Approach



Determine Your Goals & Checkpoints

Setting your goals and 'check points' to set you up for rehab success

01



Get on Top of Your Pain

Initial treatment and management for reduction of symptoms and improved range of movement

02



Build Your Foundations

Regaining function and developing improved movement patterns to get you back on track

03



Regain Your Strength

Developing your strength to create a more resilient body and to turn your weaknesses into strength

04



Back to Your Best

Whole body strength training to keep you at your best

05



SCOPE CHIROPRACTIC
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The Pain Recovery Hierachy

How to improve your pain and return to the things you love doing faster.



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SLEEP

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STRESS MANAGEMENT & REST

IDENTIFY YOUR STRESSORS

If stress is a concern of yours, start by identifying the key triggers. Write out a list and develop a plan to manage each stressor.

TALK TO SOMEONE

Talking to a family member, friend or psychologist may help you manage your stress more effectively. Psychologists are an excellent resource to utilize.

RELAXING PRACTICES

Taking up practices such as meditation or yoga is another excellent way to manage stress and anxiety.

POWER NAPS

Sleep is an extremely effective strategy for stress management. 20-30 minute power naps may be beneficial. Just don't do them too late in the day

KEEP A DIARY

Keeping a diary may allow you to get your thoughts on paper which is also an effective strategy to calm the mind.

Training Load Management

Avoid over-training syndrome.

Over training and under recovering is a common pitfall for many athletes, especially those new to training. Early in your training career it is pivotal to slowly build up your training (Over 12-24 month period).

Your performance will NOT get better if you are constantly fatigued and over trained.



Plan Out Your Training Weeks & Months

Training constantly at 100% effort is a sure fire way to burn out and injure yourself. Plan and set your own heavy, medium and light sessions during your week.



Set Your Deload Weeks

A deload week is essential for long term, sustainable training. Aim to have a lighter week once every 4-6 weeks to give the body some rest and recover time. This doesn't mean don't train, it means train with lower reps, sets and frequency during the week.



Listen To Your Body

Signs of overtraining may include constant tiredness, general lethargy, poor sleep, reduced appetite, pain/injury/niggles, irritability and a decline in performance.



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MINDSET

WORK ON DEVELOPING A GROWTH MIINDSET

Embrace challenges,
learn from change and
stay resilient when times
are tough

START WITH WHY

Define WHY you want to
get better and remind
yourself everytime you
face a challenge..

USE POSITIVE SELF TALK

Avoid thoughts of
negativity and focus on
your current growth..

BEGIN WITH THE END IN MIND

Remember the end goal.
Small set backs are part
of the process and
getting through them
will get you to your end
goal .



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NUTRITION

01

DEVELOP HEALTHY AND MINDFUL EATING HABITS

Try not to mindlessly eat. Think about what and how much you are eating at each meal. Try to plan out your food each day. A **dietitian** is an excellent resource to help get on top of this

02

AVOID FAD DIETS

Fad diets are not long term solutions and usually make no meaningful long term change. Rather aim to eat mindfully and moderately.

03

MINIMIZE INFLAMMATORY FOODS

Alcohol, red meats (in excess) and highly processed foods may impact on pain.

04

DRINK PLENTY OF WATER

Aim to maintain a consistent clear or pale yellow urine throughout the day.

05

EAT A BALANCED DIET

Nutrition doesn't need to be complicated. Aim to get plenty of vegetables, fruit, protein and water in your day. Simple.



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REHAB, PREHAB & MOVEMENT



BE CONSISTENT

Consistency with your rehab exercises will result in faster adaptation and quicker progression through your program

FOCUS

Avoid passively doing your exercises. Focus on performing them well and developing more body awareness

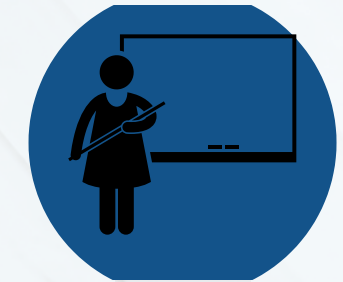


HAVE PATIENCE

Keep working even if you are not seeing change. The body can take time to adapt.

PRACTICE EVERYDAY

Practice movement/rehab everyday, even if it just a small amount.



TEACH SOMEONE

Teach someone your exercises. The best way to understand them better is to teach them.





BODY WORK

Chiro, Massage, Physio, Foam Roller,
Stretching

Improves Range
of Motion

Interaction with
practitioner for
support



Reduces Pain

Aides in
maintaining
other areas of
the body

Can quicken
recovery post
exercise



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WORTHWHILE READS

A few books worth reading

SLEEP - WHY WE SLEEP BY MATHEW WALKER

STRESS - WHY ZEBRAS GET ULCERS BY ROBERT SAPOLSKY

PAIN- EXPLAIN PAIN BY LORIMER MOSELY & DAVID BUTLER

**MOVEMENT - A GUIDE TO BETTER MOVEMENT, PLAYING WITH
MOVEMENT TODD HARGROVE**

MINDSET - MINDSET BY CAROL DWECK, GRIT BY ANGELA DUCKWORTH

