

SCOPE SUCCESS STRATEGY

**YOUR PERSONALIZED STRATEGY TO
REHAB SUCCESS**

SCOPE

SPORTS INJURY & EXERCISE CLINIC

NAME:

DATE:

DIAGNOSIS:

GOALS:

KEY FINDINGS:

REHAB STRATEGY:

NOTES:

STEPS TO SUCCESS



SCOPE'S STEPS TO SUCCESS PROCESS

The steps To Success Process is our tried and true process to successfully rehabilitate your injury. This is a plan that is staged over 5 steps. We have designed our plans this way as it allows us to focus on achieving specific goals at each step.

Your practitioner will guide you through this process and educate you on your specific phase of rehab. Each 'Progress' Appointment you have allows us to test and update your rehab into the next stage of your comeback.

Tips to excel your recovery process

A FEW THINGS TO NOTE..

Pain & injury can be challenging and frustrating. To give yourself a headstart on your recovery consider some of this important things..



SLEEP

Poor sleep quality and quantity significantly impacts your pain and increases your risk of injury. Aiming for 6-8 hours of unbroken sleep poor night is essential to your recovery. *See our FREE tips for better sleep download at our website.



STRESS & ANXIETY

Stress & anxiety can increase our pain experience and impact our mental state. Ensuring you have a strong support network around you, including a psychologist to help you with management strategies is essential.



FUNCTIONAL PROGRESS

Pain is not a great indicator to your progress. Whilst we are generally aiming to eliminate your symptoms, in the short term it is better to focus your attention to your functional progress as this is often a better indicator of your recovery.



MINDSET

Stay positive! The rehab journey is full of ups and downs and can be challenging. Not being able to do what you love is hard, BUT, focus on the positives, keep chipping away and the results will come!



FITNESS

Often people completely give up on their fitness when injured. There is always a way to work around your injury. Make sure to discuss this with your practitioner if you are unsure.



CONSISTENCY

Stay consistent. Your results will come with consistency through the ups and downs. Focus on your strength and functional gains and don't worry too much about the fluctuations with pain that occur. You got this!



WE ARE HERE TO HELP YOU TAKE CONTROL OF YOUR PAIN AND GET BACK TO DOING WHAT YOU LOVE!

RESOURCES

We have collated many useful resources via our website you can access by clicking the link below.

[Click Here](#)

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