

Physiotherapy at home: top tips



Incorporate exercise into your daily routine

Can you do it while you wait for the kettle to boil? On your commute? During the ad break of your favourite TV show?



Set a reminder

Try adding prompts to your environment to stop you from forgetting to exercise. The fridge and your phone are both handy.

Plan ahead

Prepare for the day by thinking about where, when and how you will exercise. Use the form on the next page to help you plan.

Tell friends and family

They can give you added motivation and support and remind you to exercise.



Reward yourself

Set yourself a goal and when you achieve it treat yourself. It's good for motivation.

Find more tips and advice at our health blog

bupa.co.uk/health-blog

My physiotherapy action plan



I commit to <i>eg completing my excersises as planned</i>	
Where <i>eg at home, on lunch break</i>	
When <i>eg after breakfast, before bed</i>	
How often <i>eg every day, every other day</i>	
Who will I tell <i>eg my partner to keep me on track</i>	
My motivation <i>eg reducing pain, regaining flexibility</i>	
Potential obstacles <i>eg forgetting, busy schedule</i>	
Ways I will overcome them <i>eg setting reminders, telling partner</i>	
Reward for completing excersises <i>eg favourite coffee, booking a holiday</i>	