



Maintaining the Path to Recovery

After sustaining an injury, it is natural to want to resume normal daily activities as soon as possible. However, in the recovery process it is extremely important to understand your personal situation, risk factors associated with your injury, and your environment. Injury prevention is about maintaining situational awareness and recognizing safe approaches to integrating activities back into your routine.

Questions you should ask yourself to ensure that you are taking proper precautions to prevent further injury:

Yes	No		If yes...
<input type="checkbox"/>	<input type="checkbox"/>	Do I have restrictions on daily activity from a medical provider?	→ Am I making adjustments in my daily activity to abide by these restrictions?
<input type="checkbox"/>	<input type="checkbox"/>	Am I going to physical therapy, as necessary?	→ Am I following recommendations/restrictions from the physical therapist?
<input type="checkbox"/>	<input type="checkbox"/>	Are there activities that cause me pain or make the pain worse?	→ Am I stopping the activity when the pain occurs or asking for help as required?
<input type="checkbox"/>	<input type="checkbox"/>	Are there basic daily activities that cause fatigue or strain?	→ Am I taking necessary breaks or practicing healthy behaviors to mitigate fatigue or strain?

If you cannot answer 'yes' to the follow-on questions then you may be putting yourself at risk for a new or re-injury. It may be necessary to explore new prevention strategies that can easily be incorporated into your daily routine.

Helpful Tips:

- Set small incremental goals, as you work toward a larger goal.
- Place value on initiation. Slowly develop new habits.
- Acknowledge positive and negative emotions.
- Acknowledge physical warning signs, such as pain and fatigue.
- Recognize limitations. Ask for help with tasks that are more challenging as you integrate them back into your daily routine.

