

Managing pain and injury

Your guide to recovery with New Health Project

Understanding and Managing your Injury

Pain, operations, injury, and illness can significantly impact your daily life, affecting our mobility, comfort, and overall well-being.

Dealing with pain and injury can be physically and emotionally challenging, impacting your daily activities, mobility, and quality of life.

At New Health Project, we understand the importance of personalised care and a holistic approach to recovery.

This leaflet aims to provide you with valuable information on managing pain and injury, as well as how our therapy team can support you on your journey to recovery and returning to normal life.



Understanding Pain and Injury:

Pain and injury can arise from various causes, including accidents, sports-related activities, repetitive strain, or underlying medical conditions. Common types of pain and injury include:

- Musculoskeletal injuries (e.g., sprains, strains, fractures)
- Soft tissue injuries (e.g., tendonitis, bursitis)
- Joint pain (e.g., arthritis, osteoarthritis)
- Back pain (e.g., herniated disc, sciatica)
- Neck pain (e.g., whiplash, cervical strain)
- Post-operative pain and rehabilitation

Symptoms of Pain and Injury:

Symptoms of pain and injury can vary depending on the underlying cause and severity of the condition. Common symptoms include:

- Pain or discomfort localized to the affected area
- Swelling, redness, or bruising
- Reduced range of motion or stiffness
- Weakness or instability
- Difficulty performing daily activities or participating in recreational activities
- Impaired mobility or gait abnormalities

Holistic Approach to Recovery:

At New Health Project, we believe in treating the whole person, not just the symptoms. Our therapy team takes a holistic approach to recovery, addressing not only the physical aspects of pain and injury but also the emotional, social, and environmental factors that may impact your well-being.

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**Always consult a healthcare provider for personalised recommendations and guidance tailored to your individual needs and circumstances.

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Our comprehensive approach includes:

- Individualized Assessment: Our therapy team conducts a thorough assessment to understand your unique needs, goals, and concerns.
- Personalized Treatment Plan: Based on your assessment, we develop a customized treatment plan tailored to your specific condition, preferences, and lifestyle.
- Multidisciplinary Approach: Our therapy team consists of skilled professionals from various disciplines, including physiotherapy, chiropractic care, massage therapy, acupuncture, and more. We collaborate to provide integrated care and optimize your outcomes.
- Education and Empowerment: We empower you with knowledge and skills to take an active role in your recovery, including self-care strategies, ergonomic principles, and injury prevention techniques.
- Supportive Environment: We create a supportive and compassionate environment where you feel heard, valued, and respected throughout your journey to recovery.

How New Health Project Can Help:

Our therapy team offers a wide range of services to address your pain and injury, including:

- Physiotherapy and Sports Therapy: Targeted exercises, manual therapy techniques, and pain management strategies to improve mobility, strength, and function.
- Manipulations: Spinal manipulations, mobilisations, and soft tissue therapy to restore spinal function and alleviate pain.
- Massage Therapy: Deep tissue massage, myofascial release, and relaxation techniques to reduce muscle tension, improve circulation, and promote healing.
- Acupuncture: Traditional Chinese medicine techniques to stimulate acupuncture points and restore energy balance in the body.
- Exercise Rehabilitation: Customised exercise programs to enhance flexibility, endurance, and functional capacity.
- Ergonomic Assessment: Evaluation of workplace or home environments to identify ergonomic factors contributing to pain and injury, with recommendations for modifications or adjustments.

- Nutritional advice: Guidance on nutrition and dietary habits to support optimal healing and recovery.

Conclusion:

Pain and injury can be challenging obstacles to overcome, but with the right support and guidance, you can achieve meaningful improvements in your health and well-being. At New Health Project, we are committed to helping you navigate your journey to recovery with compassion, expertise, and a holistic approach to care. If you're ready to take the first step towards pain relief and improved function, we're here to help you every step of the way.

For more information or to schedule a consultation with one of our experienced physiotherapists, please contact our clinic.

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