

Symptom Modification Checklist

Stay in control of your rehab. We can't do much sometimes other than let the body do it's healing thing. BUT tissue healing doesn't mean we can't do anything to minimise our symptoms and continue with our lifestyle.

Go through the checklist, and see if there are things you're not currently controlling that can influence your symptoms!

How has your sleep been?

(Note quality and duration)

How has your diet been?

(Note processed/ take away foods vs vegetables and unprocessed foods and water consumption)

How are you feeling mentally?

(Note any changes to your usual self- signs of stress, anxiety, sadness and overall fatigue)

Have you changed loads in activity?

(Note any increases or decreases in loads before and after sustaining injury. Are you still exercising?)

How are you coping?

(Note any coping strategies; both positive and negative)

Are you using your support network?

(Note any friends, family and health professionals you have to lean on when you need to)

All of the factors above can influence the intensity of our symptoms.

If you've read the other material about pain and it's links to pathology, you'll understand that our symptoms don't represent what is happening in our tissues. By addressing the above, we can affect the Psycho and Social aspects of the Bio-Psycho-Social Pain Model (If you haven't read it, download the "Model of Pain" document and have a read!).

If you can identify certain aspects of your life that have changed since your injury (such as diet and exercise level), the next part is to act and aim to return them to as close to your normal as possible given the circumstances. You might find you feel a bit more like yourself, and your symptoms may bother you just that bit less.