

It Is Important How We Feel in Our Recovery



Most injuries, thankfully, are minor cuts, scrapes and bruises. However, when it comes to recovering from a more serious injury like a broken leg, we possibly have to undergo a lengthy recovery process to work our way back to good health.

When walking around on crutches or with an arm in a brace and sling, it can be easy for a person to think the worst and start to lose confidence that he or she will never be the same again.

In support of anybody recovering, it's important to

monitor both their physical recovery and their emotional state, to ensure they remain optimistic and don't become too discouraged.

Set Goals, But Keep Them

Realistic Setting goals with your Osteopath can be very beneficial during the recovery process. Knowing what milestones to look forward to and working on reaching them, empowers any of us to take an active part in our own recovery. Ensuring people know that everyone heals differently.

Actively Participating In Our Recovery

It's important for people to

feel supported during this recovery process, but it's equally important that any person takes the onus upon themselves to work towards getting better. Any recovery will come more quickly and be much more rewarding for anybody, if they put in the time and effort to reach them.

Connect With Other People The important thing here is for us to understand that we are not alone, additionally that others have dealt with similar physical and emotional pain.

Best wishes, David

"I've been able to continue my hobbies of golf and gardening"

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