



## Getting Help

When you choose a Chartered Physiotherapist you can have the peace of mind in knowing that you are being treated by a physiotherapist who has a university degree qualification and is committed to the highest standards of ethical and clinical excellence. Many Chartered Physiotherapists have additional postgraduate qualifications in the sports medicine field.

## General Information

**Chartered Physiotherapists are highly skilled in developing exercise programmes to suit your specific needs. Your Chartered Physiotherapist can help you:**

- Choose the right activity to suit your needs;
- Prescribe exercises to strengthen your weak areas;
- Plan your exercise routine.

If you have any injury concerns stop your exercise activity and consult your Chartered Physiotherapist. The sooner you get your injury checked out, the sooner you will be able to return to your favourite exercise.

Chartered Physiotherapy fees can be claimed back through VHI, QUINN-healthcare and VIVAS/Hibernian Health. Tax relief may be claimed by filling in the Med1 form available from the Revenue Commissioners at [www.revenue.ie](http://www.revenue.ie).

*More information can be found at [www.iscp.ie](http://www.iscp.ie), the Golden Pages or by contacting the ISCP at 01 402 2148*

# Is your physiotherapist chartered?

## Physiotherapy and Fitness



**Fitness means having enough energy all the time to do what you want to do**



## Are you fit?

- Can you climb the stairs without shortness of breath?
- Do you feel under pressure when you need to walk quickly?

## Taking the time to exercise will help you to:

- Improve fitness;
- Relieve stress;
- Reduce aches and pains.

## Exercise in Disguise

- If you take the bus to work get off a stop early and walk briskly for the remainder of the journey. You could clock up 20-30 minutes of physical activity every day.
- If and where possible take the stairs.

**Wearing runners will make walking and stair climbing more comfortable - leave your work shoes in the office.**

## From Zero to Hero

**Keep your enthusiasm under control - it is important to start slowly and build up gradually if exercise is new to you.**

- Take into account your medical history or previous injuries which may affect your choice of activity.
- Turn your daily activities into a workout - take the stairs, walk to the train or local shops.
- Start with low impact activities- walking, swimming or cycling.
- Seek soft surfaces such as grass to start your walking and running.
- Wear appropriate footwear- flip-flops are not suitable for walking or running.
- Have patience- it may take 4-6 weeks to notice the benefits of exercise.