

# Physiotherapy Recovery Checklist

Below is a checklist of common mistakes to avoid during your physiotherapy recovery. Please review each item carefully and check off each point as you acknowledge it.

- Skipping prescribed exercises regularly
- Doing exercises with incorrect form
- Expecting quick results and quitting early
- Ignoring pain signals or overpushing
- Not following therapist instructions properly
- Inconsistent therapy sessions
- Poor posture during daily activities
- Relying only on passive treatments (machines, massage)
- Stopping rehab once pain reduces
- Not maintaining long-term strength & mobility

*Remember, steady and correct effort is the key to a successful recovery. Avoid these pitfalls to maximize your physiotherapy outcomes!*