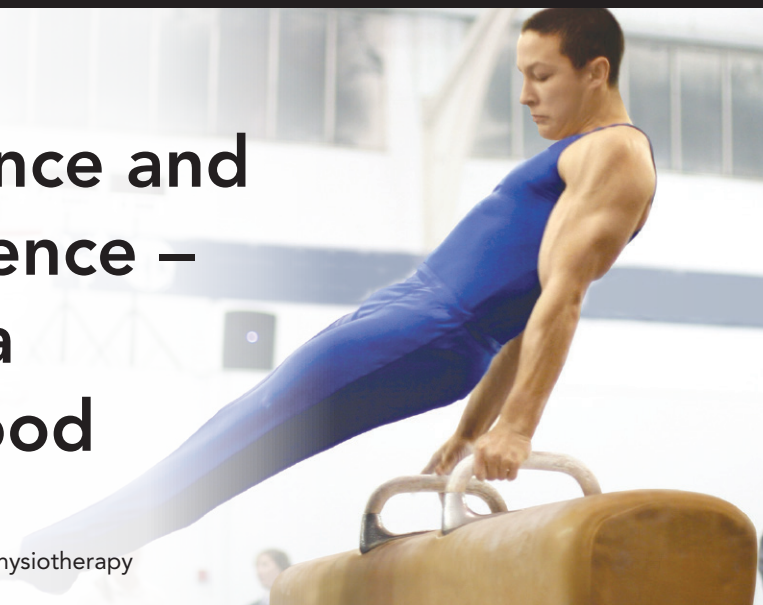


Confidence and competence – it does a body good

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As with anything, practice leads to mastery. The more we use certain proficiencies, be it physical or otherwise, the more we develop and build confidence as well as competence in them; the same is true when physiotherapists address injuries. In an attempt to re-establish regular activities of daily living, as well as resuming normal levels of activity in sport and at work, a gradual and sure progression yields best results.

The term physical literacy is defined as moving with confidence and competence in a wide variety of activities and environments. In other words, the more you practice, in both repetition and variety, the better you will become.

Until fairly recently, the philosophy around physical fitness was to focus on less variety, rather to train specifically for one task. For example, if you wanted to play better tennis then all you would have to do is play more tennis. And although it's true, playing more tennis will likely lead to a better game, you may at some point reach a plateau.

Physical literacy however tells us that the more varied skills, events and activities we partake in, the more versatile our body will become. So, while you may not think that going for a swim or climbing up a wall or playing basketball will make you a better tennis player you may be wrong. A variety of activities

challenge the body in different ways, which in turn pushes your muscles, joints and nervous tissues to be stronger, more agile and more coordinated. In fact, the more chances your body has to challenge itself, in different ways, the more adept and more capable your physical skills will become.

Although recovering from an injury isn't necessarily easy, especially in the presence of pain and dysfunction, physiotherapists can help you to restore your movement, recover your strength and improve your physical literacy. The best part is that exercise always works. It makes us stronger, fitter, leaner, and gives us more energy in our day, every time. With a tailored plan based on your history and your goals, you will feel like yourself again in no time.

Do your best to listen to your body and seek professional help when pain or soreness lasts more than a few days. Physiotherapists have the expertise and practical knowledge to help you deal with injuries, progress properly through the stages of recovery and give you the confidence you need to return to sport or work, whether it's been days or years.

Have you had your 30 minutes of exercise today?

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