

Getting the Most From Your Rehab Appointments

How to Be an Active Partner in Your Recovery

1 Your Role in Rehab

Rehabilitation is a partnership — your clinician provides expertise and guidance, but the work happens between appointments. The more actively engaged you are, the better your outcomes: asking questions, reporting accurately, completing home exercises, and communicating honestly all make a meaningful difference.

Your clinician sees you for a small fraction of your week. What you do between appointments — your exercises, your activity, your sleep, your footwear — shapes 90% of your result.

2 Before Your Appointment

Preparation Step	Why It Helps
Note your symptoms since the last visit	Clinicians rely on your report — vague answers lead to vague treatment.
Track what makes it better or worse	Identifying aggravating and easing factors guides treatment.
Write down questions in advance	Appointments go quickly — written questions ensure nothing is forgotten.
Bring your footwear and orthotics	Visual and functional assessment of your footwear is often part of MSK assessment.
Be honest about exercise adherence	If you haven't done the exercises, say so — adjustments can be made without judgment.

3 During Your Appointment

Behaviour	Why It Matters
Describe pain accurately	Use location, quality, timing, and triggers — not just "it hurts".
Ask for clarification	If you don't understand an exercise or explanation, ask — every time.

Set goals together	Knowing your functional goals helps your clinician tailor the programme.
Ask what to do if symptoms change	Knowing the plan for a flare-up or change reduces anxiety and improves decision-making.
Ask about progress markers	"How will I know I'm improving?" is one of the most useful questions you can ask.

4 Between Appointments

Task	Tip for Success
Complete your home exercises	Attach to an existing habit; start small; track completion.
Monitor your response to exercises	Note any increase in symptoms lasting more than 24 hours — report at next appointment.
Wear prescribed orthotics	Follow the wear-in schedule; report any pressure points or discomfort early.
Avoid waiting passively	If something changes significantly before your next appointment, contact your clinician.

5 Key Takeaways

KEY TAKEAWAY 1

Your active participation drives your recovery. Clinicians provide expertise and a plan, but the real work happens every day between appointments. Completing exercises, monitoring your response, and communicating honestly are the most powerful tools you have.

KEY TAKEAWAY 2

Preparation and honesty make every appointment count. Tracking your symptoms, writing down questions, and being truthful about exercise adherence transforms a routine check-in into a genuinely productive session — your clinician can only adjust what they know about.

KEY TAKEAWAY 3

Stay engaged, not passive, between sessions. Rehabilitation is not something that happens to you once a week. Consistent daily effort, careful monitoring of your response, and proactive communication when things change are what separate a quick recovery from a prolonged one.