

HUMAN PERFORMANCE CENTRE

Need help achieving your injury recovery goals? We Can Help!

Last month Julia Besner our Registered Dietitian wrote an article on setting **SMART** goals. I am following up with an article on the importance of setting goals as part of recovery from an injury or accident. I am now able to speak from first-hand experience. Unfortunately I had a severe cycling accident while vacationing in New Hampshire nearly five years ago. I sustained multiple fractures, a partially collapsed lung and a minor concussion. Believe it or not, my first thought while lying on the ground was – #@##@ I'm not going to be able to cycle the rest of the week. I am a competitive triathlete, cyclist and runner and hearing the news that I would not be able to stand and weight bear for at least six to eight weeks hit me harder than the pavement. There goes the rest of my race season! Once I accepted that it was me on the other side of the examination table I had to start getting my head around recovering and how I would cope

not only physically but mentally. Here is where my experience with goal setting really helped. Day two goal: push 1000ml of air into the incentive spirometer to prevent more serious lung problems. Day five goal: learn to get into and out of a car so I could get home. Day 15 goal: take care of my own bathroom duties. Every day I set a new goal. Something I could not have done the day before but not so out of reach that it would take many days to achieve. If I started to look too far into the future such as when will I race again I would get frustrated at where I was and how far I had to go. This is where my wonderful support team of family (extended family including my amazing staff), friends, and patients helped with their daily visits and encouragement. It's OK to have longer-term goals, but you have to recognize that what you are doing from day to day is helping work towards that ultimate target. Reflecting back now I can say I was lucky and improved

really quickly (at the time it seemed like it was taking forever to recover). I was back to work in 12 weeks, back to training for triathlons in 6 months and did a half-ironman triathlon winning my age group one year after the accident. If you need help with your recovery goals let us know. We love helping people "Achieve their Best"!

Contact our clinic and we will match you up with one of our awesome therapists.



Earle Burrows, PT

Earle is a physiotherapist and CEO of the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact him at 738-8299.



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PHYSIOTHERAPY

MASSAGE

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