

## PREHABILITATION?

*“Prevention is better than cure.”*  
– Desiderius Erasmus

Prehabilitation is defined as the process of improving the functional capability of a patient prior to surgery and/or injury.

As you know it is mostly better to prevent problems from happening than to deal with solving the problem. This counts as well for your health, its better to adopt a healthy active lifestyle than to be forced in to one because of an injury or pain.

And we are here to help, motivate and guide you throughout your journey of adapting a more active lifestyle.

## Contact Us

Physiotherapy Department  
in Awali Hospital and in the Refinery Clinic

Awali Hospital | 1775 3334

Refinery Clinic | 1775 5228

# PREHAB IS BETTER THAN REHAB

A Short Introduction to Prevention of Injuries



Physiotherapy Department

# Injury Prevention Factors



## MOBILITY

You need to be mobile enough to perform a task in a safe manner, if you overstretch your muscles/tendons to an extend your tissue is not used, you face the risk of injury.



## PERFORMANCE

Depending on the task you would like to perform; your muscles need to be strong enough. If you overload or over exhaust yourself, you might face a risk of injury.



## RECOVERY

Your body needs after any demanding activity sufficient time to recover and to restore your energy levels.

## FAQ

### WHAT IS THE BEST POSTURE?

There is not one great posture, try to move around and avoid staying in one position for too long (> 60min).



### WHAT IS THE BEST EXERCISE?

The best exercise is the one that YOU enjoy doing. Of course, as well it depends on your goals and capabilities, an exercise plan should be individualized and not a standardized form of one size fits all.

### HOW LONG/OFTEN IN A WEEK DO I NEED TO EXERCISE?

The WHO recommends at least 150 min of moderate activities and/or 75 min of vigorous activities a week.

### SHALL I EXERCISE EVEN THOUGH I HAVE PAIN?

That really depends on your individual situation, the best way is to come for a checkup and see one of us Physios in person.

**“If in doubt,  
get checked  
out”**

