Warning signs
Can become chronic.
that do not receive adequate rest and rehabilitation
your technique, performance and confidence. Injuries
is low
injuries may be ignored if symptoms are mild and pain
a long time, and intensify or recur frequently. Chronic
CHRONIC
injuries develop gradually. They may persist
a long time, and intensify or recur frequently. Chronic
injuries may be ignored if symptoms are mild and pain
is low-grade, but they can be increasingly harmful for
your technique, performance and confidence. Injuries
that do not receive adequate rest and rehabilitation
can become chronic.

Warning signs
If you have any of the following while practising or
performing you could be risking an overuse injury:
• Physical, mental or emotional fatigue
• Tingling
• Weakness
• Reduced co-ordination or clumsiness
• Stiffness or difficulty with normal daily activities
Early advice from your HP, careful attention to loading,
and an exercise program may help you avoid an
overuse injury. Changing your practice routine may
reduce stress on vulnerable areas.

If you are not sure about your symptoms, ask your
Health Professional (HP) for advice. For persisting or
severe pain, see a HP as soon as possible.

Overuse and chronic injury management
These conditions often benefit from a multifaceted
approach. Your HP’s advice may include:
• Relative rest: careful load management is essential
• Risk factor analysis: finding factors that caused or
maintained the injury enables you to avoid re-injury
• Physical condition: good fitness, strength & general
health help optimal performance and recovery
• Technique analysis: ask your teacher whether
technical habits may be contributing to tension
• Practice habits: how you use your time, balance
between movement and recovery, your focus, your
mental and physical response to challenges
• Posture analysis: check with a video or mirror
• Treatment: e.g. manual therapy, electrotherapy,
acupuncture. Ergonomic aids may be recommended
• Body awareness: yoga, Feldenkrais, Alexander
Technique, etc. may help coordination and alignment
• Medication: ask your GP or pharmacist before taking
anti-inflammatories or analgesics.

Questions to ask your HP
Would you please explain the injury?
How long do you expect it to take to heal?
How much practice, etc, can I do now?
Can I still do other activities (a hobby, play sport)?
How can I help my own recovery (walking, fitness)?
What should I avoid so I recover quickly?

Chronic injury and or pain
Pain related to chronic injuries can become chronic. It
can be affected by your emotional state and stress, and
your brain can keep producing pain even after the
injury has healed. Chronic pain can also change the way
you move the rest of your body. For help, see the
ASPAH Guide to Understanding Pain (www.aspah.org.au)

NB: This poster is for educational purposes only and
does not replace the advice of a health professional.