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Mental Toughness in Athletic Performance

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THE POWER OF PHYSIOTHERAPY

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Any part of body discomfort should be treated early on to prevent it from further discomfort or any long-lasting effect. Variety of treatments are available for us to choose. One of them is physiotherapy.

Physiotherapy could help to regain movement and function of those impacted by injury, illness, or disability. Additionally, it can lower the likelihood of future injuries or illnesses. However, it requires active involvement of patients for maximum impact (Website, 2024; Everything you need to know about physiotherapy, n.d.).

Website (2024) had highlighted that physiotherapy is beneficial for individuals of all ages and can address a variety of health issues, including:

- Bones, joints, and soft tissues: Conditions like back pain, neck pain, shoulder pain, and sports injuries
- Brain and nervous system: Movement difficulties stemming from a stroke, multiple sclerosis (MS), or Parkinson's disease
- Heart and circulation: Rehabilitation following a heart attack
- Lungs and breathing: Issues such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis



My own experience with right knee pain had caused me to limp for a few months, obstructed my routine especially prayer and sport activities. Movements like sitting down and getting up from the floor or even a chair and going up and downstairs were really a struggle. So desperate I was willing to try a few medicines suggested to me but to no avail because they only provide temporary relief. Finally, a visit to the local Klinik Kesihatan has changed my condition. After scrutinizing my x-ray, the doctor in charge suggested an appointment with a physiotherapist at the same place. Though a bit skeptical at the time, I've agreed with the suggestion given.

During the 1st visit, the physiotherapist taught two-foot movements that should be repeated three times a day at home; morning, noon and night. They were just simple movements where I needed to lie down facing up and stretch my feet while pushing the knee without touching it, simply by using my willpower. This movement must be done ten times in each session. The second movement just requires a lifting of the foot at 45 degrees while lying down and the same as before, push the knee without touching it.

Though I was not able to do them consistently, gradually the strength of the right knee came back, enabled me to walk without limping, stronger in climbing up stairs even though still have to be extra careful when going downstairs. The best part is that I no longer need a chair to pray, and can be active again in sport.

Anyone who is facing any problem as listed by the Website (2024) above, should give it a thought, take a chance with physiotherapy, give it a try. The power of physiotherapy might change your life.

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