

CNRS Physiotherapy's Top 10 Tips

1. Stand often, safely and well – practice makes perfect
2. Quality not quantity
3. Little and often
4. Do activities you enjoy
5. You've got to move it, move it!
6. Being active is more fun with friends
7. If you don't understand, ask us
8. Tell us what you think will work for you
9. Rehab is 24 hours – good resting positions and rest is important too
10. Physio is something you do, not something you are given!