

Patty's PT Tips

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Common Mistakes and Mishaps when Exercising or "Rehabbing"

1. Expecting improvement too fast/too soon
2. Not programming rest/recovery phases-either during a workout or from day to day
3. Not listening to the messages your body is giving you i.e. a new pain, **over** fatigue
4. Not asking enough questions
5. Not asking for help when you might only need it for one exercise/activity
6. Setting **reasonable** goals- both small, immediate goals and long-term goals
7. Setting the daily goals too high which can discourage consistency-remember Tiny Habits
8. Losing awareness of your fatigue level in the moment
9. Losing awareness of your posture and technique
10. Not keeping an exercise/activity diary
11. Not giving yourself a "High Five"-determine what this is for you that is rewarding
12. Inconsistency in general
13. Not asking for help-either from professionals or those significant other support folks in your life
14. Not taking into account the impact of additional activity demands for a given day/week-i.e. extensive shopping trip, vacation, company coming over, family stressors-look at things from the upcoming week's perspective

15. Making too many excuses for why you don't want to exercise
16. Not forgiving yourself for making a bad judgement call-just call it a teachable moment and make a course correction
17. Picking an exercise activity that has no "fun" factor-you won't sustain exercise if it's drudgery
18. Not picking the "right" environment to encourage your participation-i.e. room temperature, distractions, time constraints, safety concerns
19. Choosing the wrong or unsafe equipment for your strength capabilities or balance skills
20. Not including enough variety in your exercise regimen