

Injury and Performance

This campaign is to put physiotherapists front of mind for people who are increasing their physical activity in January and want to prevent injury, recover from an injury or improve their performance. Our message is that physios are experts in movement, balance, pain recovery and performance.

New Year is a time when people set new fitness goals for themselves. The ISCP want to be part of the conversation where we are encouraging people to increase their movement in a safe way and arm them with the scientific support, they need to become fitter and healthier. **The focus areas are on Balance, Movement, Injury Prevention, Injury Recovery and Improving performance.** Chartered physiotherapists are medically trained professionals who can help people improve their movement. The goal of physiotherapy is to resolve any injuries and help people perform to their optimum physical capacity.



Learn more at askthephysio.ie