

Prepare for physiotherapy

Organize symptoms, function and questions for a clinical assessment.

01 / Understand the starting point

Write where symptoms occur, when they began and whether an injury preceded them. Describe pain, altered sensation and weakness separately; a body map alone cannot identify the cause.

02 / Make the useful distinction

Record which activities provoke or ease symptoms without repeatedly testing them. Include walking, grip, sleep and other daily functions that have changed.

03 / Put it into practice

List relevant health conditions, medicines and prior assessments for the clinician. Avoid publishing these details in a public community conversation.

04 / Review and adapt

Ask about diagnosis, allowed movement, exercise dose, review triggers and return-to-training criteria. New severe neurological warning signs require urgent care rather than waiting for a routine appointment.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Bring a brief timeline, symptom area, activities affected and questions. Ask how to recognize an unacceptable response to a prescribed exercise and when to seek reassessment.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Onset and location	Triggers / easing factors	Sensation / weakness	Daily function changes	Questions / agreed plan

Evidence and original clinical reading

<https://www.nhs.uk/conditions/sciatica/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.