

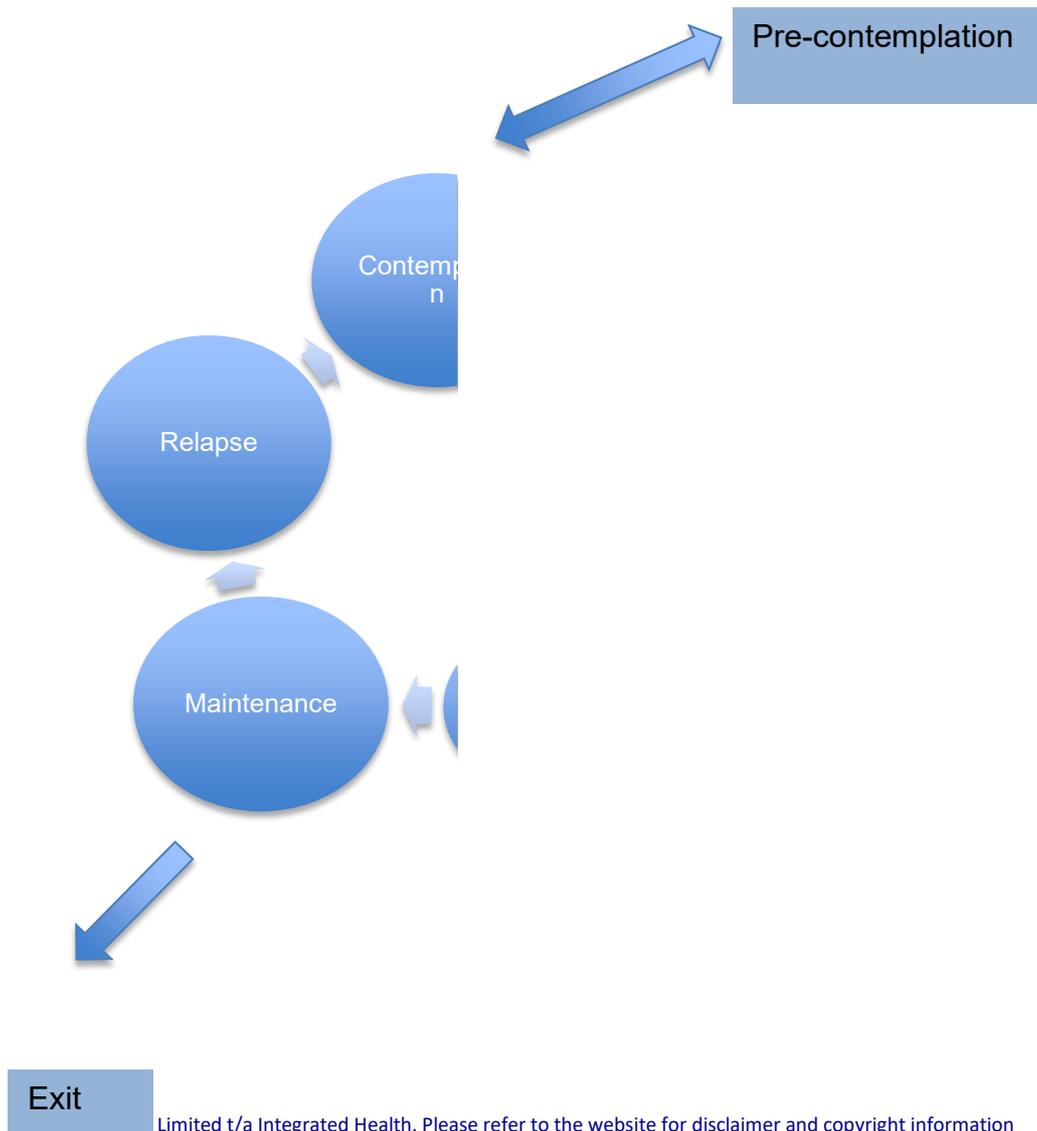
STAGES OF CHANGE

Many of us lead busy and demanding lives. Your physiotherapist appreciates this and is thus judicious when prescribing you an exercise that will significantly help your problem.

Despite this, some clients find it difficult to do the prescribed exercise/s. There may be many reasons for this and you should discuss this with your therapist.

Scientific research gives us more understanding as to why some people have difficulty doing their prescribed exercise/s and/or incorporating regular exercise into their routine.

The research has identified the stages of change model and this model is applicable to all scenarios where a change in health behaviour is involved e.g. regular exercise, stopping smoking, dietary changes etc. The model is described below.



Stage	Your thoughts
Pre-contemplation	I don't want to change my routine/lifestyle. My lack of exercise is not a problem. "Ignorance in bliss"
Contemplation	I am thinking about change. There are pros and cons to my lack of exercise. "Sitting on the fence"
Preparation	I am planning to change my exercise behaviours. I am looking at my options. "Testing the waters"
Action	I am making changes to my exercise behaviour.
Maintenance	I am actively maintaining the changes to my exercise behaviour.
Exit	Exercise is now a part of my lifestyle/routine.
Relapse	I have returned to some of my old habits/behaviours.

Question

What stage do you think you fit into with regards to exercise?

Reflection

Can you think about what possible factors may be influencing your behaviour?
 E.g. time, money etc.

Action

For every factor listed above, explore it deeper (your emotions) and then write down a possible solution.

For example, "I have no time".

How do I know I have no time when I have made no attempt to make time?

How come other people with similarly busy lives are able to 'find time'?

How do other people do it?

Am I scared of change?

"I could go for a brisk walk"

"Maybe I could do it with a friend so I don't feel so alone".

"Be the change you want to see in the world".

Gandhi