

**Everything You Need To Know  
About Injury Rehabilitation**

**The 45 Most  
Commonly Asked  
Questions of  
Injury  
Rehabilitation**

**Helpful Tips for Beginner &  
Seasoned Pros**

**Written by Barry Kiernan BSc (Hons) GSR**

## **About The Author of This Booklet**



Every week for 7+ years, 100's of people have consulted Injury Rehabilitation Therapist Barry Kiernan looking for the answer relating to their Pain and Stiffness. A Therapist since 2008, and in private practice as a Injury Rehabilitation Therapist since 2011, Barry Kiernan has created a Leading Injury Clinic in Killiney/Dalkey – Barry Kiernan Injury Rehabilitation – serving people, usually in their 40s, 50s 60s, 70s and above, to stay active and healthy, reducing the need for pain medication and doctor visits.

Moreover, he quickly created a physical therapy practice that prides itself on the helping of others quickly and effectively and building relationships along the way. In this Special Report written to help “lift the lid on what Injury Rehabilitation is”, I share with you 45 very common questions, provide answers, offer clarity and debunk myths (...and the skepticism) that many people have and hold concerning the Physical Therapy industry.

I graduated with Bachelors in Science Degree in Sport Rehabilitation at St Marys University College Twickenham. Since graduating, I have continued to apply my rehabilitation skills by treating a variety of musculoskeletal injuries. Additionally I have furthered my knowledge in advanced rehabilitation and biomechanics through various courses. Currently I'm completing my Masters Degree in Motion Analysis at the University of Dundee.

Throughout my time I have work with sports teams including Shamrock Rovers, London Welsh & England U20 rugby team. I have had the privilege to work/study under leading therapist such as; Dr. Marie Elaine Grant (IOC Medical Commission), Dr. Gary Gray (World leader in functional therapy) and Dr. David Tiberio (Internationally recognized Kinesiology).

**Barry Kiernan**

*Honors Degree -Graduate Sport Rehabilitator*

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## **Introduction:**

In this Special Report written to help “lift the lid on Injury Rehabilitation and Physio”, I share with you 45 very common questions, provide answers, offer clarity and discredit myths (...and the skepticism) that many people have and hold concerning the Physical Therapy industry.

This Special Report is primarily for health conscious men and women aged 40-64+, serious about their health and who are determined enough to do something about ill health and who want to do whatever it takes to find a return to better health.

It is compiled from years of taking concerning questions during my patient consultations, inquiring email, questions quizzed from people who walk in to my Injury clinic in person and those who call in on the phone ...and they all have one thing in common:

They come from men and women who value their health enough to go out of their way and make a simple inquiry about what they can do about the first signs of ill-health, and more, ASK exactly how Injury Rehabilitation can help them achieve their goal of returning to great health.

The questions, and the honest answers which follow, are in no particular order. And I'll use all the 45 questions as the context for my response about what Injury Rehabilitation is and what I can do (for you) here at Barry Kiernan Injury Rehabilitation.

And it's the latter that is important for you to understand

## Injury Rehabilitation - Your 45 FAQ's Answered

### **Q1. How long before I feel the difference from Injury Rehabilitation/physical therapy?**

A: There are two ways physical therapy can help and a good injury therapist will ease your concerns and ease your worries by telling you what's going wrong, often within 20 minutes. Shouldn't take much longer. Next, the speed at which the physical problem is eased is completely dependent upon your age, how long you've had it, how severe it is etc, etc and the manual skills of the physical therapist. Rarely does anyone spend more than 2-3 weeks in our care before leaving happy. It often works that quickly.

### **Q2. What actually are Injury Rehabilitation /Physical Therapy?**

A: A Rehabilitation Therapy is a proven strategy for first easing the worries and concerns of people suffering from aches, pain and stiffness, then helping that person move freely again, bending further, stretching easier and living an active and healthy lifestyle in their 40's, 50's or 60's. More, it lets that person live free from the worry that the same problem will come back to haunt them anytime soon.

**Q3. Do I get personal support if I need it?** A: Yes. If you arrange to have a treatment with me, you'll be given almost unrestricted access to your own injury therapist who will be on hand to take your call or reply to your emails, for as long as you need.

**Q4. Does Injury Rehabilitation help someone like me?** A: Here's a list of the types of people "injury rehab" helps: **1.** People aged 55+ and determined to remain independent - Why? Because many people see the impact that physical ill health has taken up their parents. **2.** Especially active and involved Grandparent - Why? Grandparents who play games with their grandkids, help with school work or like to walk with them to and from school, take them places or babysit them, often tell us that's why they felt the need to come and try "injury rehab" **3.** People aged 25-64 and love to be active - Why? Because men, women and couples "on-the-go" have lots of good reasons to get better fast. **4.** People still working (and want to remain that way...) Especially sales people, managers, civil servants, engineers, office workers, teachers, manual workers, nurses, health care workers, lawyers, even doctors...Why? Because they need to move easy and be able to sit comfortably for long periods in order to perform well in their jobs. **5.** People who take their health very seriously - Why? A lot of the people who visit us are very "pro-active" about their health. That means they read up on foods, vitamins, health topics, try to eat right, take vitamins other supplements such as cod liver oil - and do their best to stay out of the doctor's office, surgery and the hospital. The very same motivations to stay out of the GP surgery are the reasons "why" they come to see a rehabilitation therapist like me.

**Q5. What happens if I get there and I'm not happy with physical therapy at the end?** A: I'd personally refund your payment back or you can leave without paying - NO questions asked.

**Q6. What if I book a treatment today, then before I get to you, there's a positive change in my condition and I don't need to come and see you anymore?** A: Great! Best outcome...just call and we will cancel your name in the diary and ask that you keep in touch with your physical therapist to let us know how you're getting on.

**Q7. What should I wear for a treatment session?** A: We will tell you all of that on the phone. But you never have to remove large chunks of clothing. To make your experience as comfortable as possible please keep in mind the location of your injured body part. For example if you have a lower back injury, shorts and a loose shirt would be ideal. Or if you're suffering a shoulder injury, a t-shirt would be great. Your injury therapist will always aim to remove as little clothing as possible and we will never ask that you remove an item of clothing that may completely expose a large area of your body. Occasionally patients will ask us if it would be easier or more convenient for us to provide treatment if an item can be removed completely. You are free to make this decision.

**Q8. What if I don't want to make another appointment after my first visit, do you take it personally?** A: Not at all, and that's fine by me. My first priority is to tell you what's going wrong and then tell you what you need to do next by drawing you up a plan. Once I've done that, if you're happy, then I'm happy and I've given you full value for money injury rehabilitation.

**Q9. How likely is it that the therapist will be able to help me?** A: If your problem or concern is one of pain and or stiffness in the muscles or joints of the following: • Hip Knee • Back • Joint Replacements • Neck/Shoulder • Ankle • Foot/Ankle Then it's 99% likely that "injury rehab" will be able to help you out, and there are various ways we might do that.

**Q10. Can I talk to a injury rehabilitation therapist before I book just to confirm physical therapy is right for me?** A: Absolutely. Just call us using this number 085 1493978 or even email your question to me using [bkinyurehab@gmail.com](mailto:bkinyurehab@gmail.com)

**Q11. Will you do anything at the first session to help my pain?** A: Yes. It's always my intention to start making progress on the pain and or stiffness you've got, as well as help ease your other psychological concerns and frustrations.

**Q12. Isn't Physical Therapy just for younger people who are injured and who play loads of sport?** A: Absolutely NOT. I'll be the first to admit that Physical Therapy helps people who do play sport but, Physical Therapy is actually much more valuable and better suited to help people who are aged 50+ and who just want to keep active and on-the-go for as long as is possible.

**Q13. Will I get any exercises or anything like that to take home with me?** A: Only if the time is right and I think you doing them is not going to make you worse. I'll give you as many hints or tips as possible that you can be using when you go back home that night.

**Q14. What will happen if I don't choose to go and see a physical therapist?** A: Your current predicament will continue, and you'll run the risk of doing unforeseen and untold damage to the joints if they're not moved back into the correct position, or muscles made stronger. A failure to adhere to the right recovery program post injury could increase the risk of early onset arthritis in joints. Nine days is an important mile stone – if pain and or stiffness is there at this point, it may not go away on its own.

**Q15. How long will it take for injury rehabilitation to get me active and healthy again?** A: On average, from the last 7+ years I have been doing this, and for most problems that involve joints and muscles that we see in our clinics, we've worked out a way to speed up the process and get it down to as little as 2-3 weeks to get a person comfortable and safely active again.

**Q16. "This only happened the other day", and I'm in a lot of pain. How long should I leave it before I come in and see a rehabilitation therapist for help?** A: ASAP. There will always be a number of things that we can do. Sometimes it's as simple as "Do this, but don't do that...". And the first will be to tell you what NOT to do. So many people make fatal, miss informed mistakes when it comes to dealing with sudden pain. Every decision that you get wrong in the first few days will, very likely, add to the length of time it will take to get better.

**Q17. Somebody mentioned a Chiropractor to me, what's the difference between Injury Rehabilitation and a Chiropractor?** A: To be brief, Injury rehabilitation looks for a cure. And our aim is to help you so much that you will not need to constantly keep coming back to us. So Injury rehabilitation will work you out a plan, to work on stopping the injury happening again. We do very similar techniques to osteopaths and chiropractors, such as mobilization of your spine, but we do add things such as massage and stretching and believe that the combination of that, plus exercises and posture correction will first reduce your pain fast, but also help you manage your pain in the coming years to avoid the need for repetitive visits to see us. Osteopaths and chiropractors are both fantastically effective at reducing back pain and many of the good ones will even refer their patients to a rehabilitation therapist for the things like massage and exercises that they sometimes don't do.

**Q18. I can't work this thing out. One minute I'm not bothered by it, then the next it can quite literally take my breath away. Just when I think it's getting better, it hits me again!...What if I come in and see you and it doesn't hurt at that time, will I be wasting my time?** A: No. Pain is not really what we do!...Injury rehabilitation is about finding whatever it is that is causing the thing to happen in the first place. And if your injury is now a few weeks old, two things are likely to be happening. The first is that the joints and muscles are stiffing up, or catching in one place, so every time you get to a certain point they don't want to move and will give off a sharp pain. This could cause long term problems if not managed quickly [www.bk-injuryrehab.com](http://www.bk-injuryrehab.com)

**Q19. Is Injury rehabilitation guaranteed to help me like I hope?** A: No. And no good therapist will ever claim such a thing is possible. It simply isn't. But that's why we offer a

firm, money back guarantee, just in case you're one of the unlucky ones we can't help. If it doesn't help like you hope, we always offer you your money back in full after the first treatment.

**Q20. Does this sort of thing happen to other people like me?** A: We see many people with the same sorts of injuries, all day long. Particularly, the 40-64+ age group who suffer from aches, pains and stiffness.

**Q21. What is the long term benefit of me choosing to go and see a rehabilitation therapist?** A: You have the freedom in your life to do what you want and when you want to do it, unrestricted by pain or stiffness.

**Q22. How quickly will I be seen?** A: Often within a day or 2. If you need an emergency appointment, please let us know on the phone or in your email and we can arrange for a therapist to work over to help you, within 24 hours or less.

**Q23. Do you use "hands"? Just I went to another place recently and they told me they "didn't do that type of thing" anymore. I left very frustrated and disappointed as I know the hands on style treatment really worked for me before (when I was in pain).** A: Yes. The care that we provide is both "hands-on", education and exercised based. I believe that diverse treatment options like deep massages, stretching and mobilization etc combined, are the fastest way to return you to enjoying better health.

**Q24. I'm not in any pain per se - I'm just experiencing lots of stiffness and tightness and worried that something's about to go "pop" (meaning I will be). Am I right to be considering injury rehabilitation?** A: You are PERFECT for injury rehabilitation. Some people think that physical therapy is about ending pain - that's only ONE thing we do. But it isn't the BEST. The aim is to stop you from ever getting to the point where you're in lots of pain by making you more supple, more flexible and your body stronger and able to withstand the amount of activity you want to do, no matter what your age.

**Q25. Be honest - what's the number 1 reason I should come in and see you As in, what's the best thing about seeing a therapist?** A: Getting the diagnosis. Finding out what's wrong. Once you know that, everything is really easy.

**Q26. What's the difference between a good therapist and bad one?** A: Just three things: - The amount of "care" taken (easy to spot). - The Hands on techniques and skills being used. - Ability to accurately diagnose an injury.

**Q27. Can injury rehabilitation help me if I have Arthritis?** A: Yes! But please understand it can't CURE it. But it can very easily help manage the symptoms it causes. Many people come for therapy aged 45+ and suffering with "wear and tear" (arthritis) inside their knee joints etc.

**Q28. I have had “clicking”, “clunking” and “cracking” noises happening in my joints for a few years now. And the pain is just starting to get worse with it. I’m 46. Is injury rehabilitation for me? A: Yes. You’re an almost perfect candidate for injury rehabilitation. This is a typical story. Most joint problems begin with warning signs like the “clicks and cracks” you’ve been hearing. And then a few years later comes the pain.**

**Q29. I’m in the early days of joint pain and stiffness. I’ve got to 50 without any problems but I’m now worried I’m next in line for joint troubles like the rest of my friends of a similar age. I’m really active and love to play squash, walk and swim. Can injury rehabilitation help someone like me? A: Yes. It’s a simple case of strengthening your body to limit the impact of arthritis before it’s too late. Injury rehabilitation will give you hope, the confidence to go places (and do things) and WILL let you get active again fast.**

**Q30. I’m a runner and I’m not in any pain with the outside of my knee when I rest, but it ‘fires up’ whenever I go for a run. Is that common and do I need injury rehabilitation? A: Yes and Yes. Most sports injuries settle down so that you can walk around and do simple everyday things without pain. But as soon as you step it up a level or two, if the problem is still there, it lets you know in the way of tightness, pain or swelling and stiffness.**

**Q31. Will injury rehabilitation help me with my flexibility? I’m “stiff as a board” the few hours after I’ve been out on my bike and I know this is causing my achy lower back. A: Yes. We’ll walk you through a simple set of 7 minute exercise routines you can do everyday to help eliminate this. Oh, and we’ll fix your “achy back” too.**

**Q32. Is there anyone that injury rehabilitation ISN’T right for?**

**A: Yes. Anyone who is expecting a miracle and hoping to be fixed in one visit. Rarely possible, particularly for injuries happening to men and women aged 40+.**

**Q33. Is injury rehabilitation expensive?**

**A: Not in my humble opinion. It comes down to what you value, I guess. Most people will spend more each month on a fresh cup of coffee, than the “cost” of injury rehabilitation. And by the way - everything I offer is tailored to suit you, your needs and what you are hoping to achieve. Thus, the “cost” for the visit to a injury rehabilitation at my place is based upon what you are wanting and hoping to achieve. Moving forward.**

**Q34. Have you got someone who specialises in \_\_\_\_X\_\_\_\_? (X is usually any one of these following areas:) • Back pain • Knee pain • Sports injuries • Massages • • • Neck/Shoulder Pain • Foot/Ankle Injuries • Muscle tension and tightness And the answer: Yes. I Can treat the above problems areas. [www.bk-injuryrehab.com](http://www.bk-injuryrehab.com)**

**Q35. What does injury rehabilitation treatment actually entail?**

**A: Things like massage, stretching and loosening of joints and muscles, combined with exercises and advice/education to help your recovery.**

**Q36. Is Treatment painful?** A: Not really. But it is true that injury rehabilitation is a very physical experience and as such treatments can often be a little uncomfortable at times, but we will always aim to be as gentle as possible and cause the minimal discomfort we possibly can to get your problem solved as fast as we can. Before we do any techniques we will tell you exactly what is about to happen, whether or not it is likely to hurt and for how long.

**Q37. Will I get some things (tips) that I can be doing at home to help myself get better quicker?**

A: Absolutely. The aim is to help you in every which way that we can. Primarily, we will do everything for you, but of course, you're only with us for 30-60 minutes, so, we aim to "arm" you with tools, hints and tips that you can use to make a difference that you will feel, very quickly, on your own.

**Q38. How important are exercises to my recovery?**

A: Exercise will aid your recovery in conjunction with the treatment and advice provide by your therapist. They're also important to stop the problem from coming back. They play a role in your recovery but most people do the wrong ones, at the wrong time, in the wrong order, for the wrong reasons. A good therapist will stop that from occurring.

**Q39. How long does the session last?**

A: Depends which option you want to take. We have a 30 minute option, and a very popular 60 minute. Reality is, it will take as long as you need to get the help you came looking for.

**Q40. Will I be in any pain after the treatment i.e. the next day?**

A: More often than not the pain stops as soon as we do, so you only have to tell us to stop and we will. Pain is a side effect to injury rehabilitation that is often unavoidable and most patients eventually concede that the pain is a nice sort of pain, one they know that is doing them some good and is often no worse than the pain that they are already in. The discomfort usually reduces as treatment progresses and we always advise you on things like ice and heat to help reduce the soreness that might be caused by the treatment. If it's painful the next day, ice usually soothes it!

**Q41. Do I need a referral from my GP/physician?**

A: No. Just call us and book. We often get referrals from general physicians specialists. If you're willing to invest in your health, you're very welcome to come see us.

**Q42. Can I bring a friend in to the treatment room with me?**

A: Yes. No problem. You do not need to inform us of this decision in advance. If you are accompanied by a friend or family member then we will often ask if you would like them to join you in the physical therapy room during treatment. Alternatively they can wait in reception if you would prefer.

#### **Q43. When do I pay?**

A: Only when you are happy and usually at the end of your appointment.

#### **Q44. How often will I need treatment?**

A: That is always dependent upon the nature of your injury and how quick you want the improvements. Our aim is to return you to full fitness as quickly and as safely as possible. Your physical therapist will be in a better position to answer this following your initial consultation. Big Tip: Getting in early nearly always means less time to recover and less sessions needed.

#### **Q45. How long will it take for injury rehabilitation to settle my pain?**

A: As long as it takes you to call up and book! If you had tooth pain, my best bet is that you'd call the very first day you noticed the pain - and you'd do it because you know that it's the best possible way to get rid of that tooth pain, fast. So, to answer the question, it will take as long as it takes you to make an inquiry and then coming in to see us. Know this: it will happen much quicker than if you leave it to time or worse yet, chance it by taking painkillers or going to see the doctor!..

### **Conclusion**

So, there you have it: 45 Questions answered that take you behind the scenes of a real live Private Injury Rehabilitation Practice. More, you've just read the most common concerns, questions and myths that surround the physical therapy industry. I hope the answers have provided you with clarity, debunked any myths and put to bed any scepticism that may or may not be stopping you from accessing a very valuable service – one that can quite literally change how active you are, and how healthy you look and feel - in your 40's, 50's, 60's and beyond.

I hope this is the beginning of a great, long-term relationship where I become the source of leading edge health advice for you and make a real difference to your life.

#### **You can contact me here:**

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## **Health Advice Disclaimer**

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow injury advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Licensed injury rehabilitation therapist at Barry Kiernan Injury Rehabilitation.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.