

## ENGAGING WITH HEALTHCARE

Transitioning from sport or into a new role may leave us with lots of questions. It's not always easy to know what the best things are to ask. The following questions have been developed specifically with athletes approaching retirement in mind, but may also be helpful to anyone interested in understanding more about their brain health.

### Getting the most out of conversations with your doctor or healthcare provider

- 1 Mental health** What actions can I take to help maintain - or regain - my sense of purpose? What facilities or support are available to me?
- 2 Blood pressure** How often should I check my blood pressure and should I be aiming for a certain range?
- 3 Managing pain** What pain management options are available to me?
- 4 Physical activity** What exercises should I be doing and how much?
- 5 Diet** How much and what should I be eating?



### Top tips to help find the right physiotherapist for you

- 1** Ask about their experience and training related to brain health in sport & exercise:
  - Do they have any qualifications in sports medicine?
  - Do they have some experience in performance sport?
- 2** Ask about their experience in prescribing exercise for general health as well as rehabilitation of musculoskeletal (MSK) disorders
- 3** Ask about who they work with - do they have a good network for referring onwards for other medical consultation where appropriate?
- 4** Choose a physio who focuses primarily on developing patient self-management rather than passive therapies

**5** Find a chartered physio

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