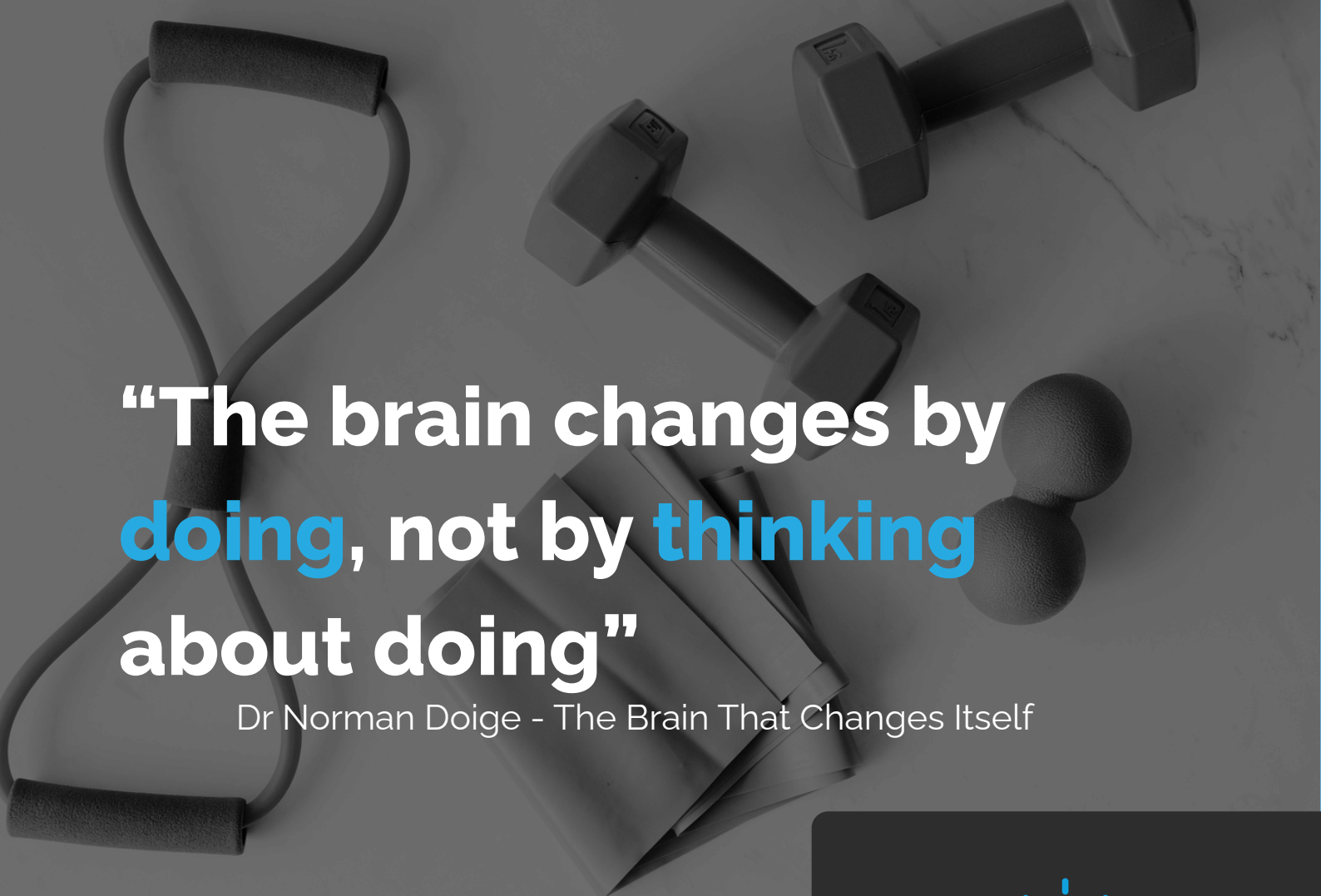




Return to Movement - Mini Contract

**Tools That Improve Rehab &
Life**



“The brain changes by **doing**, not by **thinking** about doing”

Dr Norman Doige - The Brain That Changes Itself

After an injury, it's normal to feel hesitant about moving again. Even when your body has physically healed, your brain may still be holding on to signals of caution or pain and that's okay. But movement, done with purpose, is how you teach your brain and body to work together again.

This mini-contract isn't about being perfect. It's about making a clear, simple commitment to try, to take ownership of your recovery and rebuild confidence one task at a time.

Whether you're early in your recovery journey or have been managing an illness or injury for some time, this contract can help you to start moving forward, literally.



How to Use This Resource

This contract is designed to be filled out at the start of a treatment phase, when you feel like you've reached a plateau or if you find yourself scared to do certain movements.

- Use it in collaboration with your Exercise Physiologist or Rehab Provider.
- Choose one or two simple tasks to commit to.
- Tick the checkboxes that resonate most, they're not rules, just reminders.

The aim is not intensity, but intention. One clear signal to your brain can begin to change the pattern.



Return to Movement Mini-Contract

Name _____

Date _____

Rehab Provider _____

Understanding the Why

Tick the statements you agree with:

- ☐ I understand that pain can persist even after the body has healed.
- ☐ I know that avoiding movement may reinforce fear or pain over time.
- ☐ I understand that graded, purposeful movement can help rewire the brain.
- ☐ I accept that I don't have to be pain-free to start rebuilding function.

Setting My Movement Goal

Over the coming weeks, I commit to practising the following movements or tasks:
(e.g., reaching overhead, walking for 10 minutes, standing to cook dinner)



I plan to do this

- ☐ Once per day
- ☐ Three times this week
- ☐ Once with my provider, once on my own
- ☐ Other:

My Mindset Commitments

- ☐ I will not judge myself for how much or how little I do. Effort counts.
- ☐ I will notice my body's response without panicking or overreacting.
- ☐ I will remind myself that discomfort doesn't mean damage.
- ☐ I will tell someone (my EP, friend, or support person) when I succeed.

Reflection & Ownership

I'm doing this because:

What would progress look like for me?

What will I say to myself if it doesn't go as planned?

I acknowledge that recovery takes time and intention. By signing this, I'm committing to myself, not for perfection, but for progress.

Signed _____ Date _____