

Physio Routines and Organisation

Developing good routines can seem overwhelming, as we all know if you have started a new exercise program or tried to give up chocolate!

What we do know is that 90% of our behaviours and habits are automatic and often unconscious. When behaviours have become a habit, we feel more in control and less stressed.

Staying motivated takes willpower, which is exhaustible. It's important to minimise the decisions that you need to take when creating a new routine and not rely only on willpower to be successful. Set up a good plan and get organised to minimise decision fatigue.

If the ultimate goal is for you or your child to stay healthier then this may be a good motivator, however it's also good to look a little deeper. For example, we want to stay healthier so that we can have more energy, get a career and have good relationships. What is it that motivates you and/or your child?

General Tips for Getting Organised with Physio

- Have a clear plan and prioritise what is manageable.
- Break the routine into smaller, more manageable tasks or goals that will take less time and seem less overwhelming.
- Congratulate or reward yourself or your child. Positive reinforcement will help build a new habit. Discuss and



plan what this could look like, put pictures on the fridge as motivation and as a reminder of what you are working towards. Check out our [rewards chart](#) for children.

- Build a network of supporters who can keep up the motivation and help debrief when it's hard. This could be family, friends, your CF team, or the CFWA team.
- Use cues or alarms as reminders e.g. an app, a phone calendar, diary or schedule on the fridge.

People lapse and that's ok; review and get back on track. Show self-compassion and don't feel guilty when you don't get a task done or don't quite meet your goal.

Creating Physio Routines

Including CF treatments and physio in an already busy schedule takes EXTRA organisation.

Here are a few tips:

- Store equipment and medication in the same place so you always know where it is when you need it. Maybe leave it out on the bench as a trigger to remind you to get it done.
- Develop a cleaning routine for equipment so it is in good condition and works well for you.
- Set reminders to refill prescriptions so you never run out of your medications.
- Understand how each treatment works and why you need to do it. This will make it easier to get it done. Explaining this to your child in an age appropriate way can help get their cooperation.
- Have physio at the same time each day. Maybe set a calendar reminder or use an app to help you remember until it becomes a habit.
- Have a printout of the physio plan and make a chart to tick off each session when it is done. Try using stickers if it's for a child.
- With children, try to do physio in the same place, or if you can't, use the same things to create a sense of familiarity. This might be a special blanket, book or toy. Some families find that choosing a favourite tv show that they only watch when physio is on helps create a sense of routine.
- Build fun things into your physio routine like counting sets of breaths on an abacus, or reading a page of a favourite story between sets.
- Use a timer, sing a song or clap your hands to signal the end of the session. Young children will listen out for this if it is part of your routine.
- Try to schedule some time in for a treat or a reward after physio or other treatments. This could be anything from a big cuddle or a story to a game of hide and seek or an outing to the park.

Support

For support with physiotherapy, contact CFWA or your CF hospital team. CFWA have [support programs](#) that may be able to help.

Useful Resources

- [Perx Health App](#)
- [Routine Articles \(CFWA\)](#)
- [Airway Clearance Factsheets \(CFWA\)](#)

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