



5 Mistakes Keeping Your Injury From Healing

A simple guide to help you recover properly, reduce pain, and avoid making your injury worse.

1. Ignoring The Problem

Most injuries do not simply disappear on their own. Continuing to train through pain without understanding the root cause often makes recovery slower and more difficult.

2. Resting Too Much

Complete rest for long periods can reduce strength, mobility, and tissue tolerance. Most injuries respond better to structured rehabilitation and progressive loading.

3. Using Random Exercises From Social Media

Generic rehab exercises are not always appropriate for your injury. Incorrect exercise selection can overload tissues and delay healing.

4. Returning To Training Too Early

Pain reduction does not always mean full recovery. Returning to heavy lifting or sport too early can create recurring flare-ups.

5. Failing To Address Lifestyle Factors

Poor sleep, high stress, dehydration, and poor nutrition can all negatively affect recovery speed and tissue healing.

What You Should Focus On Instead

- Get a proper assessment to identify the root cause
- Follow a structured rehabilitation plan
- Gradually reload the injured area
- Improve mobility, strength, and movement quality
- Optimise sleep, recovery, and nutrition

Need Help?

If you are currently struggling with pain, recurring injuries, or limited movement, AZ Fitness Sports Injury Clinic can help.

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