

Independence & Obligation of families

When we have pain it can make it difficult to participate in our daily activities or hobbies. Family and friends may offer to help and take over our roles. Taking care of sick relatives is a duty of the family. It is rewarded greatly by Allah.

But Islam also promotes independence of our daily life and to not be a burden on others.

Physiotherapists have an important role in helping you to manage your symptoms independently and maintain your independence without having to depend on family and friends.

Maintaining your own health and independence will allow you to continue practicing your rights and obligations towards your family in order to take care of them too.

“Healthy
living is part
& parcel of
Islam.”

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Islam
&
Exercise

Safe | Personal | Effective

Islam & Health

Islam's holistic approach to life and health offers us the ability to remain strong and healthy. We must take care of our spiritual, emotional and physical health.

Our bodies are given to us by God as a trust and we have to keep them healthy. Fulfilling the obligations of three of the five pillars of Islam requires that Muslims be of sound health and fitness.

Exercise

Exercise has many benefits including: increases muscle tone, improves flexibility, enhances endurance, improves cardiovascular health and fights depression. Aerobic exercise fights heart disease and high blood pressure, and reduces the risk of diabetes, while weight training increases muscle strength and reduces fat, increases bone density, fights back pain and arthritis, and improves overall mental health. Most importantly, your body produces its own pain relieving medication that work like pain medications. After a bout of exercise your pain tolerance increases, things hurt less for the short term depending on the exercise performed.

Pain & Physiotherapy

There is no one type of exercise for reducing pain - exercise programs should be tailored to each individual. Initially it is beneficial to have a level of supervision which is generally higher at the start of treatment, and be an exercise that you enjoy.

Physiotherapists are trained in exercise prescription for many different conditions and problems seen in the musculoskeletal clinic.

Once the physiotherapist assesses you they are able to provide a diagnosis and help you feel and move better with the use of an exercise program and which may be done alongside other treatments.

It is very important that you continue your physiotherapy exercises at home with the instructions provided by your physiotherapist to get the best outcome. It is also beneficial to general health to engage with an exercise you enjoy such as swimming, cycling or a fitness class.

Daily Prayer

The Salah or Islamic prayer comprises both physical movement and mental concentration. Performed five times a day at specific times of the day, the prayers increase circulation of blood, help breathing control and general suppleness of joints.

The daily performance of five prayers is in itself a form of exercise, its prescribed movements involve all the muscles and joints of the body and relieves mental stress.

As well as the spiritual benefits of prayer (Salah) it has been widely recognised that the process of praying promotes many physical and psychological benefits. Each position involves the movement of different parts of the human body in ways that encourage health and well being.

Incorporating other forms of exercise with your daily prayer will have many health benefits.