

Eileen

You broke your ankle in an accident a few months ago and you are still in some pain. You are worried that if you have done some permanent damage you won't be able to carry on with your ballroom dancing, which you love.

The doctor has reassured you that your ankle is healing well and will regain its strength. They have referred you to a physiotherapist who has given you some exercises to do every morning to aid your recovery.

You hate doing the exercises even though you know you will feel better about yourself if you did them. The physiotherapist has advised that the movement will help your recovery. However, you find the exercises boring, it's a pain having to take to do them and your ankle hurts more afterwards.

You don't have to disclose the following piece of information unless your work coach asks you the right questions:

You get twinges while doing the exercises and your ankle aches after you have done them. The physiotherapist and your doctor have told you that feeling twinges are completely normal and it's safe to carry on with the exercises. They also said the movement will help you so it's important to keep doing them.

But every time you get a twinge you have to stop because you're scared you're going to hurt yourself and cause long-term damage to your ankle.