



LICENSED ATHLETIC TRAINING REHAB ACTION PLAN

Four Phases of Care

1. Acute/ Pain Centered
2. Restorative: restoring proper joint motion and muscular flexibility
3. Rehabilitative: strengthening and stabilization
4. Maintenance/ Wellness or Chronic Supportive

Phase 1 (2-3X/wk for 2-4 weeks): Goal: pain control. Treatments are most frequent and passive

Gentle Joint Mobilization: begins to restore normal joint motion

Acute pain control modalities like cryotherapy and electrical muscle stimulation (EMS)

Gentle soft tissue flexibility therapies and introductory strengthening exercises

What to expect?

Increased soreness and aches for up to 48 hours after a treatment as lactic acid and carbon dioxide are released from inflamed and damaged tissues and your nervous system is stimulated.

Overall slow gradual improvement of symptoms with good and bad days, yet overall you should make slow, gradual progress.

What you should do at home?

Drink plenty of water and get plenty of rest.

Restrict activities to those that do not cause sharp pain.

Follow your specific home care instructions. Ice frequently as instructed. Avoid heat.

Reexamination to assess for meaningful clinically significant progress

Phase 2 (1-2X/wk for 2-4 weeks): Goal is to restore proper joint and muscular range of motion and movement. Treatments become less frequent and more active with more home-care exercises.

Acute pain control modalities less frequent, electrical muscle stimulation (EMS) to relax tight muscles

More aggressive soft tissue flexibility therapies like **Graston** and **PNF** and more emphasis put on advancing the strengthening exercises

Acute pain control modalities less frequent, electrical muscle stimulation (EMS) to relax tight muscles

Aggressive soft tissue flexibility therapies and exercises like A.R.T.

What to expect?

Increased soreness and aches for up to 24 hours after a treatment as lactic acid and carbon dioxide continue to be released from the damaged tissues and your nervous system is stimulated. You should continue to experience slow gradual improvement. There will be good and bad days but the bad days should be less frequent and less intense. Be consistent with your home exercises on good and bad days.

What you should do at home?

Drink plenty of water and get plenty of rest

Begin to increase activities gradually but be careful of those that cause sharp pain.

Follow your specific home care instructions. Ice at the end of the day. Avoid heat.

Reexamination to assess for meaningful clinically significant progress

Phase 3 **Progressive Withdrawal of care**

Emphasis put on home flexibility and strengthening exercises.

Phase 4 - Your decision

Possible release from care with resolution of condition or as needed basis

Possible continuation of chronic supportive care every 3-6 weeks

Possible transition to wellness/Peak Performance care