



RECOMMENDED 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 Chiropractic joint manipulation: begins to restore normal joint motion and active neurological mechanisms to decrease pain and relax tight muscles.

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

Gentle soft tissue flexibility therapies and gentle exercises like A.R.T.

What to expect?

Increased soreness and aches for up to 48 hours after a treatment
slow gradual improvement of symptoms with good and bad days

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. Possible referral to start skilled Licensed Athletic Training Rehab 6-10 visits

Chiropractic joint manipulation: treatments are a little more aggressive and seek to restore normal joint motion and active neurological mechanisms to facilitate healing of the normal tissue and inhibit abnormal scar tissue formation by promoting proper movement.

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
Continue to experience slow gradual improvement with less frequent 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 to 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 (break for two weeks, break for three weeks, break for four weeks)

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