

## REHABILITATION GUIDELINES

- ◆ Explain to the patient what to expect from rehabilitation.
  - Goals
    - ◇ Reduction of symptoms
    - ◇ Strength
    - ◇ Muscular endurance
    - ◇ Flexibility
    - ◇ Cardiovascular endurance
    - ◇ Proprioception
    - ◇ Sports specific demands
  - Muscular Soreness & Fatigue vs. Pain
- ◆ Ice before & after rehabilitation exercises 15-20 minutes.
- ◆ Progress from easiest least demanding exercises to more demanding & difficult exercises.
- ◆ Always strive for correct technique. Do not allow improper performance of exercises.
  - Rehabilitation Priority
    1. Proper technique
    2. Appropriate reps & sets for goals
    3. Appropriate resistance/intensity
- ◆ Do not allow limping or incorrect gait. Utilize crutches to enhance normal ambulation.
- ◆ Check for patient understanding by having them demonstrate proper technique before releasing them from supervision.
- ◆ Check for patient compliance with home programs through questioning regarding technique, number of sets & reps.
- ◆ Monitor performance in order to progress appropriately.
- ◆ Utilize pain & performance as guidelines in progression through exercise and eventual return through sport specific activities.
- ◆ Avoid strengthening endurance exercises with 3-4 hours prior to physically demanding activity.