

STEPS TO SUCCESS

Protective Phase

1. Acute Pain Management
2. Regain range of motion
3. Return to normal ADLs



STEP 1

Load Introduction Phase

1. Develop local strength
2. Regain control and balance around injured site



STEP 2

Strength Accumulation Phase

1. Start to build back your strength
2. Return to modified training
3. Re-introduce compound movements



STEP 3

Sport Integration Phase

1. Return to sport
2. Build on complex movements
3. Regain mental confidence



STEP 4

Back To Your Best!

1. Return to normal training
2. Achieve goals set out at initial care



STEP 5



SCOPE CHIROPRACTIC
SPORTS INJURY & REHAB CLINIC