Phases of Rehabilitation
Basic Components

1. Identifiable, sequential "phases"
2. Specific therapeutic objectives for each phase
3. Measurable, objective criteria for progression to each subsequent phase
Phase 1

Definition

That period of time immediately following injury or surgery during which movement in the affected part is either:

1. involuntarily limited because of pain, swelling, muscle spasm, etc.
2. purposely restricted by immobilization in casts, splints, slings, etc.
Phase 1 – Therapeutic Objectives

A. To teach proper ambulation techniques (crutch walking, etc.) if necessary.

B. To assist the healing process in the affected part through the use of appropriate therapeutic modalities (hydrotherapy, electrotherapy, etc.)

C. To minimize loss of muscular strength and retard the progression of muscle atrophy in the affected part.

D. To retard the development of tendon and/or capsular adhesions in the affected parts.

E. To maintain an acceptable level of overall physical fitness.
Phase 1 – Criteria to Progress

A. Removal of cast, sling, splint, etc.
B. Sufficient reduction of local symptoms (pain, swelling, inflammation, etc.) To permit safe and effective therapeutic exercise
C. An acceptable degree of tissue healing to permit therapeutic exercise without aggravation of injury.

How do you measure each of these?
Phase 2

Definition

- That period of time during which more vigorous therapeutic exercise can and should be initiated

- The use of appropriate therapeutic modalities may be continued during this phase to further enhance the healing process and/or to facilitate performance of therapeutic exercise
Phase 2 – Therapeutic Objectives

A. To establish weight bearing and restore normal gait patterns (lower extremity injuries).

B. To restore:
   A. Optimal joint range of motion,
   B. Flexibility,
   C. Muscular strength,
   D. Muscular endurance, and
   E. Proprioception to that of the opposite normal joint.

C. To maintain and develop an acceptable level of overall physical fitness

1. You must set these as measurable goals. E.G., 100%, 90%, 80%, what is your goal?
Phase 2 – Criteria to Proceed

A. Sufficient reduction of local symptoms and sufficient extent of wound healing to permit resumption of at least part of the athlete's regular practice or conditioning activities.

B. Sufficient restoration of joint range of motion, flexibility, muscular strength and endurance, proprioception, and gait patterns to permit safe resumption of at least part of the athlete's regular practice or conditioning activities.

C. Satisfactory assurance of adequate protection from reinjury including consideration of
   A. Effectiveness of protective taping, special pads, etc.
   B. Safety of playing environment (playing surface, etc.)
   C. Satisfactory modification of conditioning and practice activities.

D. Satisfactory levels of motivation and confidence on the part of the athlete.
Phase 3

Definition

Period of time during which participation in part, or all, of the athlete's normal practice and conditioning activities is resumed.
Phase 3 – Therapeutic Objectives

A. Continue optimal restoration of joint range-of-motion, flexibility, muscular strength and endurance necessary for safe resumption of full participation.

B. Continue optimal development of overall physical fitness.

C. Re-establish normal patterns of motor activity (gait patterns, coordination, agility, balance, etc.) as they relate to specific skills required in the sport involved.

D. Restore the athlete's confidence in his ability to resume safe participation.
Phase 3 – Criteria to Proceed

A. Optimal restoration of all components of physical fitness
B. Resumption of complete and unrestricted participation
C. Physician's release.
Phase 4

Definition

- Period of time after which "complete rehabilitation" is achieved and full activity is resumed, but during which specific conditioning exercises to maintain previously developed levels of physical fitness are necessary to maximize continued safe participation.
Phase 4 – Therapeutic Objectives

A. Maintain muscular strength in the affected part equal to or exceeding that of the opposite normal body part.

B. Maintain muscular endurance in the affected part of a level consistent with the demands of the sport involved.

C. Maintain flexibility equal to or exceeding that of the opposite normal limb.

a. This phase will theoretically continue indefinitely