



## THE THREE PHASES OF CARE

### 1 RELIEF/ACUTE CARE

#### RELIEF/ACUTE PHASE 1

- Reduce Pain
- Reduce Nerve Irritation
- Reduce Tissue Inflammation
- Increase Flexibility
- Postural Retraining

#### TREATMENT

- Active Release Techniques (ART)
- Chiropractic (Joint Mobilization/Adjustment)
- Spinal Decompression
- H Wave (Electrical Stimulation)
- Ice/Heat Contrast
- Taping/Bracing
- Rehabilitation Exercise/Stretching
- Nutrition

Other \_\_\_\_\_

Frequency: \_\_\_\_\_

### 2 CORRECTIVE/STRENGTHENING CARE

#### CORRECTIVE/STRENGTHENING PHASE 2

- Increase Capacity of Injured Structures Under a Progressive Load
- Restore Joint Function & Strength
- Restore Muscle Function
- Increase Range of Motion
- Re-education of Soft Tissue
- Re-education of Neuromuscular Function
- Postural Retraining
- Improve Core Function & Strength
- Return to Modified Activity

#### TREATMENT

- Active Release Techniques (ART)
- Chiropractic (Joint Mobilization/Adjustment)
- Spinal Decompression
- Graston
- Progressive Rehabilitative Exercise
- Plyometric Training
- Home Exercise Protocols
- Nutrition

Other \_\_\_\_\_

Frequency: \_\_\_\_\_

Scan Code  
To See Why  
Injuries  
Occur?



### 3 WELLNESS CARE

#### WELLNESS/PREVENTION PHASE 3

- Maintain Structural Integrity as Physical Demands Increase
- Reduce Muscular Stress
- Ensure Desired Performance Level (supply/demand is achieved & maintained)
- Maintain Nutritional Balance
- Achieve Physical & Emotional Well Being

#### TREATMENT

- Active Release Techniques (ART)
- Chiropractic (Joint Mobilization/Adjustment)
- Spinal Decompression
- Home Exercise/Stretching Protocols
- Nutrition
- Return to Full Activity
- No Restrictions

Frequency: \_\_\_\_\_