

## Home Therapy Exercises

### General Home Therapy Guidelines:

1. Always WARM UP first (stationary bike, jog, heat pack to injured area)
2. Gentle STRETCHES after warm-up, do at least 4-5 stretches 3-5min each.
3. Rehab EXERCISES, do 2-3 sets of 5-8 exercises
4. Post exercises STRETCHES
5. ICE down injured area (if there is pain or swelling)

### General guidelines on therapy progression:

Phase 1: Rest, Ice, compression, elevation, protection, anti-inflammatory (first 24-72 hours)

Phase 2: Range of motion, flexibility (stretches)

Phase 3: Strengthening, stability, balance, and proprioception

Phase 4: Sports specific drills (predictable and progressive)

Gradual return to play, usually over 2 weeks

### Stretches:

- Must be warmed up prior to any stretches
- Goal is a sustained light stretch for 30sec-2min on each side
- You should feel a stretch, but back off if there is any pain, tearing, popping
- Stretch in comfortable positions
- Stretching after exercises or coupled with antagonist “opposite” muscle contractions have been shown to provide greatest flexibility gains
- Do not stretch when muscle cold or during/after icing

### Exercises:

1. Begin with:
  - Gentle active range of motion exercises, with goal to achieve pain free full range of motion
  - Static isometric (muscle contraction without joint motion) exercises as tolerated
  - Core strength exercises as tolerated
2. Progress to:
  - Isotonic (joint motion against fixed light load) resistance strengthening as tolerated
  - Eccentric “negatives” (muscle lengthening against a fixed load) loading strength exercises as tolerated
  - Functional stability exercises incorporating balance and proprioception
  - Light functional sports specific drills once pain free with full range of motion and near full strength
3. All drills must be predictable and progressive

### Healing modalities:

- Ice is helpful at any time for pain or swelling
- Heat can be used to improve pain, healing and blood flow after 48 hours
- Tylenol/ Ibuprofen can be used to help with pain and inflammation
- Elevation and compression can help with swelling
- Bracing can be used for protection, support, and stability