

Treatments that Promote Successful Rehabilitation

An active treatment program should involve a combination of range of motion exercises, stretches, strengthening exercises and cardiovascular exercise. The following chart highlights components of a successful rehabilitation plan and their benefits:

Components of Successful Rehabilitation	Description
Early Intervention	<ul style="list-style-type: none"> Treatments should begin as soon as possible because early intervention is the best way to reduce inflammation and pain in the acute phase of rehabilitation, allowing for an earlier introduction of range of motion exercises.
Prescribed Function	<ul style="list-style-type: none"> Prescribed function refers to specific movements in pain-free ranges that should be prescribed to improve blood flow, increase range of motion and reduce scar tissue build-up. For example, telling a client to move their neck in different ranges until the beginning of stretching discomfort, is prescribed function.
Passive Modalities	<ul style="list-style-type: none"> Passive modalities are often required in the acute stage of recovery (between 72 hours and 6 weeks) to help improve the pain-free range of motion and, in some cases, reduce the need for pain medications. (For example, ultrasound may be beneficial to increase blood flow, reduce swelling and decrease pain. To further promote recovery, passive modalities should be used in conjunction with an active treatment component.
Range of Motion Exercises & Stretches	<ul style="list-style-type: none"> Range of motion exercises and stretches focus on restoring motion by increasing flexibility and reducing muscle tension. Increasing range of motion improves function, posture and facilitates the strengthening program.
Strengthening & Functional Retraining	<ul style="list-style-type: none"> Strengthening exercises help reduce muscle wasting caused by inactivity and restore balance and function between muscle groups. These are specific exercises that target muscle imbalances to help restore proper functioning. The prescription of exercises that simulate work-related tasks encourage a faster return to pre-accident activities.
Manipulation and Mobilization	<ul style="list-style-type: none"> These techniques are used to restore range of motion and to facilitate normal functioning of joints. These techniques should not be the sole intervention prescribed by a practitioner as they are passive techniques. To further promote recovery, manual therapy should be combined with an active treatment component.
Cardiovascular Exercise	<ul style="list-style-type: none"> Not only does cardiovascular exercise improve overall health, including lung health, as well as increase endurance and mobilize the body through continuous movement, it also helps improve blood flow throughout the body, thereby enhancing healing.

For Further Information about Treatments that Promote Successful Rehabilitation contact Sibley & Associates at 1-800-363-8900