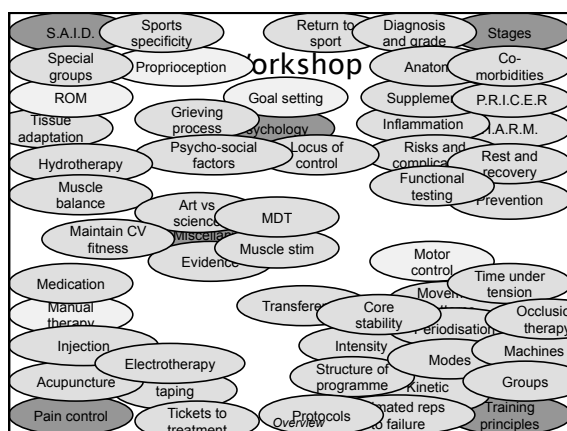
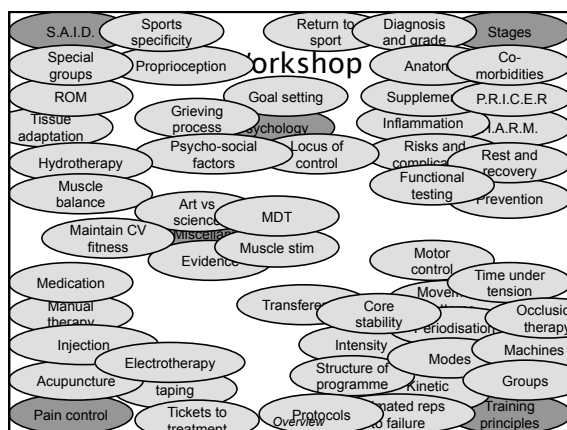


Learning outcomes

For each participant to have:

- An **Overview** of the rehab process
- A **Practical** for understanding the rehabilitation process
- Considered the **First - Bubbles** of a rehabilitation process for injured 'athletes'
- - Better understand patient progress
 - Understand quality care

Overview



Pyramid

1. Return to activity
2. Tickets to treatment
3. Motor relearning
4. Sports-specific agility drills
5. Flexibility
6. Muscle conditioning
7. Proprioception
8. PRICER / HARM

Overview

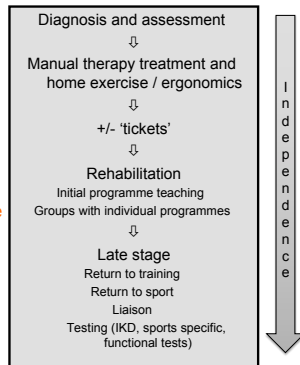
Aim of rehabilitation

The goal of a rehabilitation programme is to return the person to an optimal activity level without further injury or restriction of activity

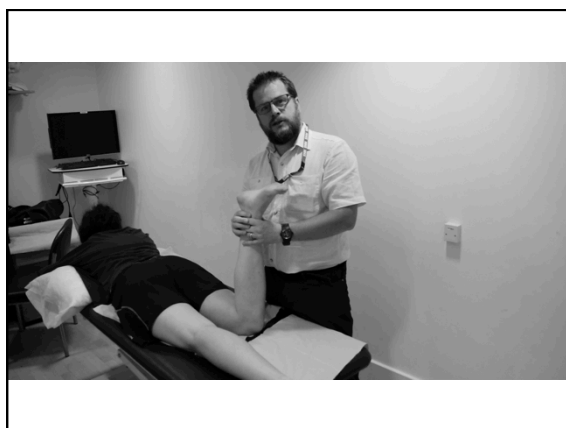
Overview

Rehabilitation structure at BH NHS trust

- Clear format
- Home exercises
 - Video?
 - Paper
 - Online resources
- Gym-based sessions
- Committed to completing the process



Overview



Phases

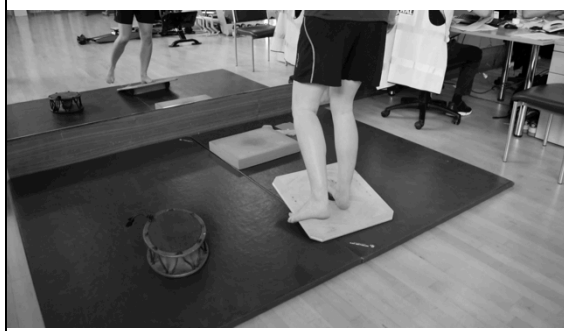
- – Based on goal attainment
- – Inflammatory / repair / remodelling
-

Overview

Phases: WB proprioception and ...



Phases: WB proprioception and ...



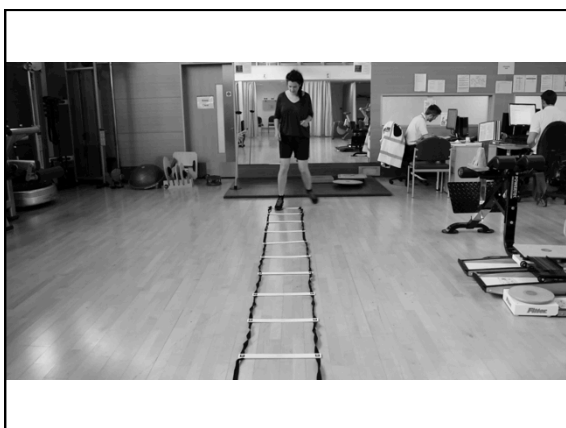
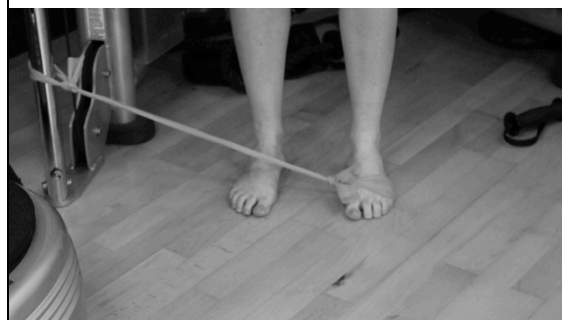
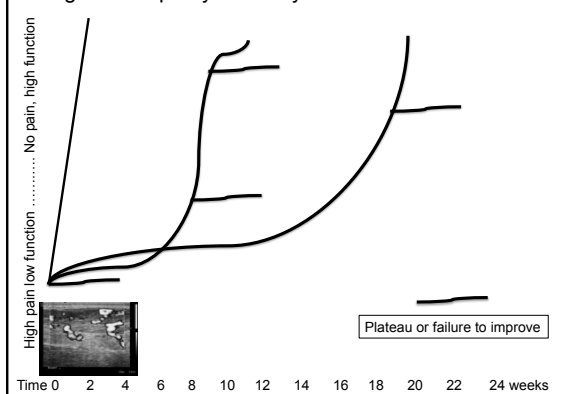
Phases: WB proprioception and ...



Phases: WB proprioception and ...



Eg Tendinopathy recovery



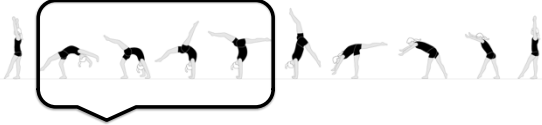
Proprioception challenge

- Static → Dynamic
- Conscious → Automatic
- High base of support → Lower
- Eyes open → Closed?
- Abstract → Functional

SAID


Sports specificity

- Transference
 - cerebellar connections, cognitive to automatic
 - Eg Gymnast with pars lesion



Risk phase

SAID



SDL

1: Brukner and Khan: Clinical Sports Medicine

2: MDT visits

