

Example 1

Reflection #3  
9/11/2008

For my rehab reflection this week I went over the rehabilitation for an athlete who suffered a grade 3 semitendinosus strain. Once pain and swelling are under control it is time to begin phase 2 of rehabilitation and that involves range of motion.

Take the patient through active and passive ROM at first to see where they are and evaluate how you want to progress from there. This could include Wall slides, prone hangs (w/o weight) and a light bike workout. PNF stretching could benefit them in ROM also.

Phase three is strengthening which I feel should include not only the affected muscle but also the surrounding muscles. Eric suggested using atheraband until they feel comfortable doing more difficult things. These include stool scoots, Swiss ball Curls (double/single leg), machine curls, lunges, 4-way hip and maybe some ankle rehab. It is important that all repetitions are controlled through all ROM. Isotonic exercises could benefit them also, used through all ROM to strengthen muscle entirely.

Once strength is back to normal you can start the athlete in sport specific exercise.