



Rehab Made Simple

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What is rehab for PT's?



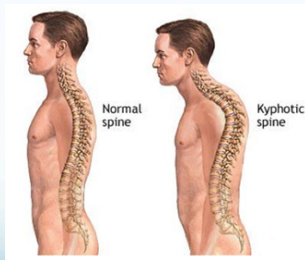
What is rehab for PT's?

- Low risk niggling injuries
- Improving movement
- Muscle balance
- Mobilisers and stretches
- Keeping an injured client moving
- Knowing when to refer

What is not rehab for PT's?

- Diagnosis and treatment
- "Hands on" ??

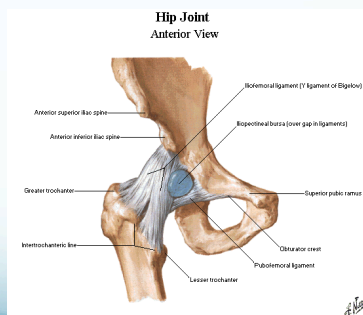
The Hypo-mobile areas



Thoracic Spine rehab

- Mobilise and stretch
- Teach good posture - ? Tape
- Teach good ergonomics
- Strengthen postural muscles
- Correct breathing

The Hypo-mobile areas



Hip joint rehab

- Mobilise/stretch the anterior capsule and fascia
- Strengthen the posterior muscles
- Stretch/TPR the deep hip rotators

The Tricky Area



Knee to wall test



Ankle mobiliser



Intrinsic Strengthening



Iso- integration



Add tubing to painful movement, (usually at 90 degrees to movement plane) to awaken dormant stability muscles and change axis or rotation of joint

Shoulder impingement



Essential

- Keep the injured client fit
- Maintain positivity
- Keep it fun
- Use cross-over from the non-injured side

More Rehab??

- www.adamfloyd.com.au - Injury Management Newsletter
- www.rehabtrainer.com.au
- Adam Floyd/GymED DVD series

FitEX DVD Special

- Shoulder DVD: \$50 NZ
- Knee/Ankle DVD: \$50 NZ
- Low Back DVD: \$75 NZ

- All three: \$125 NZ

- **Credit cards welcome**

