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SPORTS MEDICINE DOCTOR
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Consulting at:
St Vincent's Sportsmed Darlinghurst
SportsLab Alexandria
Stadium Sports Medicine Moore Park
See website for details



Rehabilitation Phases

Recovery from acute and overuse injuries of muscle, tendon, bone and joint can generally be divided into three phases. Firstly, we must respect the correct conditions and biological timeframe for tissue repair. At the same time, triggers and aggravating activities must be eliminated. Secondly, to achieve optimal recovery, with a reduced risk of recurrence, the tissues must be forced to adapt to the loads placed on them – which can be prescribed to target the function of the tissue. The final and most overlooked phase of recovery involves the application of increased tissue resilience to the performance of a specific sport or task.

Your sports physician and physiotherapist will help guide you through and strategically supervise you through a comprehensive rehab program, working closely all with key therapists and coaches.

YOUR DIAGNOSIS:

CROSS TRAINING

TRIGGERS FOR PAIN/ IRRITATION

Phase	Goals	Guidelines	Approx Time
1 PROTECT	Protect injured tissues to allow restoration of tissue strength Anatomical problems may require intervention	Relative rest (see cross training) Soft tissue manual therapy Anti-inflammatory methods Injectable therapies- cortisone, PRP, synvisc	
2 BUILD	Build strength of supporting tissues	Specific strengthening program Biomechanical assessment May overlap with phase 3	
3 COACH	Integrate strength gains into coordinated tasks	Graduated sport specific exercises with milestones Assess training/technique issues Coach and physio/sport scientist	



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Milestones for Rehabilitation

THESE MILESTONES SERVE AS A GUIDE AND REGULAR REVIEW IS REQUIRED

DATE OF INJURY:

DATE OF FIRST REVIEW:

REVIEW WITH DR SAMRA

REVIEW WITH PHYSIO/ REHAB



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Injury Checklist

This is your checklist to complete- please follow the instructions prior to any further consultation and feel free to make notes.

Important Pitfalls to Avoid:

Review Date: _____