

ST PETE PHYSICAL THERAPY

4 phase approach for muscle strains



Increase blood flow, decrease irritability

Goals: increase blood flow, activate muscle, reduce pain, restore movement patterns/gait

Interventions: mobility, isometrics, accessory work

Build strength + capacity

Goals: increase strength through full ROM, improve motor control

Interventions: open + closed chain exercises, eccentrics, functional movement progressions



Begin plyometrics + power

Goals: improve force production + absorption, reintroduce speed/power, prepare for sport demands

Interventions: plyometrics, explosive work, deceleration drills

Return to sport

Goals: gradual re-introduction to practice and then sport

Interventions: sport specific drills, reactive training, change of direction, decision making, re-integration into practice starting without contact and progressing to full contact

