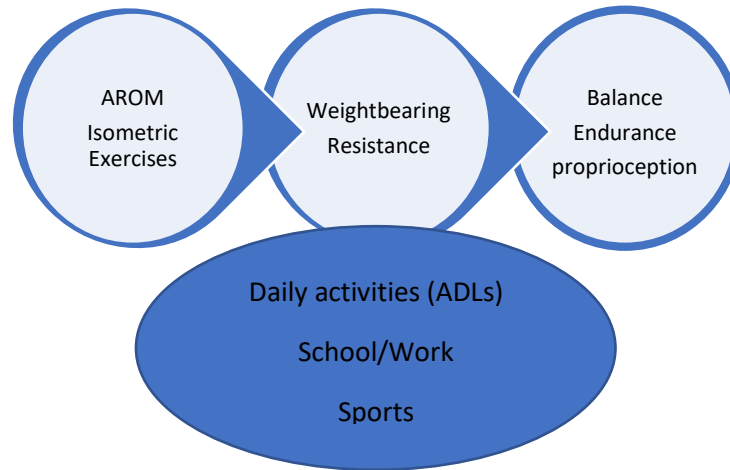


Healing Hacks: How can I get my body ready for action?

Team up with your PT to help you know what to do and when to do it!



**Before each phase of recovery ask yourself and your PT:
*Is my body ready for the next phase?***

Phase 1: PRICE

Phase 2: REPAIR

Must have: No pain at rest and decreased swelling (mild)

- **Active range of motion (AROM) Exercises:** Actively moving your joint as far as you can without increased pain
- **Isometric exercises:** Tightening an arm or leg muscle without making your healing joint move

Phase 3: RECOVERY: Add weightbearing and resistance exercise

Must have: AROM without increased pain

- **Resistance exercises:** Using gravity, a resistance band or weights to increase muscle strength
- **Weightbearing:** Putting weight through the recovering arm or leg by pressing it against a floor, wall or other stable object in sitting or standing to get it ready for daily activities
- The amount of weight though an arm or leg can be increased by standing with less support (such as using an assistive device) or by putting more pressure against a surface
 - **Assistive device:** Equipment that supports your weight to decrease pressure through your legs
 - Examples: crutches, cane, walker, knee scooter, wheelchair

Phase 4: RESTORE: GRADUALLY return to regular activities

Must have: Walking the same way that you did before the bleed without support and without pain

- **Daily Activities:** Ordinary things you do every day like walking around the house, showering, making and eating food, chores around the house, etc.
- **School/Work activities:** Everything you do during a full day of school or work day
- **Balance, proprioceptive and endurance exercises:** Exercises guided by your PT to help you get ready for higher level activities such as running, dancing, jumping and sports

Phase 5: READY FOR ACTION: GRADUALLY return to sports and/or higher-level physical activities

Must have: Completing all daily activities and school/work activities without pain

- **Sports/Recreational Physical Activities:** Things that you normally do that use more energy and put more force on your joints and muscles than just walking around (running, dancing, throwing, hiking, and etc.)
- Gradually add exercises specific to your sports/recreational activity and work up to returning to the full activity

*** Know your Body * Progress gradually *Rest when you need to***

*** Do not progress if your body is not ready ***