

# Recovery Game Plan™

RECOVERY POTENTIAL

100%

90%

80%

70%

60%

50%

40%

30%

20%

10%

0%

WEEK 0-1

WEEK 0-4

WEEK 0-12+

PROBLEM

pain  
inflammation  
(joints, tendons, nerves, nerve roots,  
and ligaments)  
spasm  
worry  
**Severe**

**Moderate**

pain  
inflammation  
(joints, tendons, nerves, nerve roots, and ligaments)  
spasm  
joint dysfunction  
- immobile  
- stuck

inflexible muscles  
weak muscles  
lack of muscle/nerve coordination  
imbalances

25% MMI

(Maximum Medical Improvement)

50% MMI

100% MMI

SOLUTION

**pain**

- Medication
- Ice
- Passive Modalities  
- IFC  
- US
- Education
- Coordination of doctors and specialists

- Manual Therapy (Mobilization, Manipulation)
- Massage
- Passive Modalities
- DME (Braces, Splints, Orthotics)
- Coordination of Doctors and Specialists
- TPI (Trigger Point Injections)
- PNI (Peripheral Nerve Injections)
- ESI (Epidural Steroid Injections)
- Facet Injection/Medial Branch Blocks
- RFN (Radiofrequency Neuroablation)
- MUA (Manipulation Under Anesthesia)
- Surgery

**health**

- Stretching  
- assisted  
- self
- Strengthening
- Balance exercises
- Set up HEP  
(Home Exercise Program)

RECOVERY GOALS

- Pain Levels
- Flexibility
- Strength
- Muscle/Nerve Coordination
- Protection from Reinjury
- Protection from Arthritis

**pain-MDs.com™**

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