Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Injury \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Typed 12pt font size, double spaced, MLA format.

**Stage 1: Acute Inflammatory Response Phase**

Signs/Symptoms common to the Injury during this Phase:

Time Frame of Phase (specific to your injury):

Discuss Treatment Options for this Phase to treat S/S:

Discuss Modalities that can also be used during this phase to treat S/S:

What rehab can you begin (create a rehab/workout schedule)? (steps, descriptions, progressions)

**Stage 2: Fibroblastic Repair Phase**

Signs/Symptoms Common to the Injury during this Phase:

Time Frame of Phase (specific to your injury):

Discuss Treatment Options for this Phase to treat S/S:

Discuss Modalities that can also be used during this phase to treat S/S:

What rehab should you begin (create a rehab/workout schedule)? (steps, descriptions, progressions)

**Stage 3: Maturation Remodeling Phase**

Signs/Symptoms common to the Injury during this Phase:

Time Frame of Phase (specific to your injury):

Discuss Treatment Options for this Phase to treat S/S:

Discuss Modalities that can also be used during this phase to treat S/S:

What rehab should you begin (create a rehab/workout schedule)? (steps, descriptions, progressions)