**(Condition) Treatment Protocol**

Updated 28th January 2022

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| **STAGE** | **AIMs & OBJECTIVES** | **TREATMENT** | **HOME EXERCISE** | **EXERCISE PRESCRIPTION or CLINICAL PILATES PROGRAM**  **(see attachments)** | **ACTIVITY MODIFICATION** |
| 1  Weeks 0-2 |  | * Assessment guidelines followed as per condition * Pathway delivered between 1 – 3 sessions |  |  |  |
|  | **CRITERIA TO PROGRESS** | * **Reduced pain** * **Improved AROM** * **Improved inter-regional assessment** * **Ability to attempt more at home** | | | |

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| **STAGE** | **AIMs & OBJECTIVES** | **TREATMENT** | **HOME EXERCISE** | **EX’s PRESCRIPT or CLINICAL PILATES PROGRAM** | **ACTIVITY MODIFICATION** |
| 2  Weeks 2-4 |  |  |  |  |  |
| **CRITERIA TO**  **PROGRESS** | | * **75% of average/usual AROM spinal movements** * **Minimal pain** * **Ability to “activate core”** | | | |

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| 3  Weeks 4-6 |  |  |  |  |  |
| **CRITERIA TO**  **PROGRESS** | | * **Full Range of motion (AROM spinal)** * **Full return to ADL’s and sport** * **Good core-muscle recruitment** * **Want’s “tune up” 🡪 massage** | | | |

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| **STAGE** | **AIMs & OBJECTIVES** | **TREATMENT** | **HOME EXERCISE** | **EX’s PRESCRIPT or CLINICAL PILATES PROGRAM** | **ACTIVITY MODIFICATION** |
| 4  Weeks 6-8 |  |  |  |  |  |
| **CRITERIA TO**  **PROGRESS** | | * **Full Range of motion (AROM spinal)** * **Full return to ADL’s and sport** * **Good core-muscle recruitment** * **Want’s “tune up” 🡪 massage** | | | |

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| **STAGE** | **AIMs & OBJECTIVES** | **TREATMENT** | **HOME EXERCISE** | **EX’s PRESCRIPT or CLINICAL PILATES PROGRAM** | **ACTIVITY MODIFICATION** |
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| **CRITERIA TO**  **PROGRESS** | | **- ……………**  **- ……………** | | | |