

THE FUNCTIONAL SPINE PROGRAM
 "Get Back to Doing the Things You Enjoy MOST"
 (An Eight Week Program)

| Phase Criteria | Physical Therapy Goals | Physical Therapy Plan |
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| <p>Phase 1:</p> <p>Pain at rest.</p> | <p>Baseline Functional Outcome Scores: Quadruple VAS Oswestry</p> <p>Careful evaluation of symptoms Decrease inflammation No pain at rest. Minimal pain with unstressed ADLs Decrease muscle spasm</p> <p>Patient Education: Postural Correction Proper attitude toward pain Correct any misconceptions</p> | <p>Physical Modalities Postural Correction Gentle Stretching Mobilization</p> |
| <p>Phase 2:</p> <p>No pain at rest but, pain with mild activity.</p> | <p>Increase painfree mobility: ie:walking, sit-to-stand, sitting</p> <p>Minimize deconditioning Promote tissue repair/regeneration</p> | <p>Joint Mobilization Soft Tissue Manipulation Functional Exercise & Core Stability</p> |
| <p>Phase 3:</p> <p>No increase in baseline pain. Patient may experience pain with or following activity.</p> | <p>Mid point functional outcome scores. Continue to increase ROM Increase aerobic capacity Improve coordination and balance Increase muscle strength and endurance</p> <p>Patient to tolerate light activities: ie:household chores, short car rides shopping</p> | <p>Functional Strengthening Cardiovascular Fitness Balance and Coordination Stretching</p> |
| <p>Phase 4:</p> <p>Painfree for mild activity. Moderate or prolonged activity may produce pain.</p> | <p>Improve body mechanics for lifting & bending Functional Outcome scores Tolerate activity like 30 min. sitting, yard work, lifting 20lbs.</p> | <p>Stress Management Body Mechanics Work Hardening Ergonomics</p> |
| <p>Discharge:</p> <p>Function not limited by pain</p> | <p>Independent control of symptoms with return to active function</p> | <p>Discharge</p> |