

The Jackson Clinics embraces a staged rehabilitation philosophy for suffering from spine-related functional deficits.

patients



The 5 stages of Spine Rehab at TJC:

Stage 1: Education, muscle activation, and movement re-training

- Whether after surgery, after years of chronic pain, or after an acute injury, education is a critical first step to spine rehab in TJC. Topics include the best of spine rehabilitation research, relevant data in pain neuroscience, and self-efficacy to improve outcomes.
- Muscle activation training begins with palpation to confirm muscle firing then progresses to incorporate key muscle activation during relevant functional movements. Mobility/flexibility is also initiated in this stage based on symptom irritability.
- When movements are retrained and become the habit, patients can progress to stage 2!

Stage 2: Coordination and endurance training initiation

- In this stage, feedback is key! The therapist will be manually and verbally cueing the patient as they attempt to add movement variation and complexity while maintaining key muscle activation and timing. Blood pressure cuffs are used to give the patient data and to allow high-quality practice at home.
- Muscle endurance training for key trunk muscle groups are initiated, and are calibrated based on pain. As pain subsides and coordination improves, stage 3 begins.

Stage 3: Multiplane movement progression, balance, and loading

- Stage 3 challenges the patient to complete more complex movement patterns with the addition of outside resistance, balance challenges, and fatigue. Real life movement are replicated here and the patient learns how to balance improving mobility and stability as healing continues.

Stage 4: Endurance Building

- Endurance is a key outcome for sustained spine health. In this phase, endurance is trained until the patient approaches age-matched expectations for performance. The ultimate goal is to reduce recurrence of injury and manage anticipated problems.

Stage 5: Strength Building

- This stage focuses on full return to desired functional activities. Mobility is sufficient, pain has been relieved, endurance is good enough to help prevent anticipated problems.
- The only thing left is to make sure the patient has the strength and power they need to fully participate in desired functional activities.



and

For more information, please visit our website www.thejacksonclinics.com

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