

Home Exercise Program



Motion facilitates the healing process and is essential to recovery (Butler, 2015). In contrast, lack of motion leads to negative outcomes such as tissue destruction (Falkel, 2015).

Recovers flexibility and function

Increases blood flow

An increase in blood flow provides injured tissues with more oxygen, and thus, nutrients (Falkel, 2015).

When muscles contract and relax, they push swelling (edema) proximally through the lymphatic system (Donahue Pitbladdo & Hentz, 2015; Moscony, 2015; Varney, 2015).

Decreases swelling

BENEFITS OF PERFORMING EXERCISES

Lubricates joints

Motion helps lubricates joints, which keeps them healthy and facilitates movement (Butler, 2015).

By keeping joints, tendons, and scars mobile, the likelihood of developing joint stiffness, tendon adherence, and scar tissue formation and adherence are reduced (Deshaies, 2015; McGee, 2015; Moscony, 2015; Page, 2015).

Prevents joint stiffness, tendon adherence, and scar tissue adherence and formation

Stimulates healing

Movement creates gentle stress on tissues that are healing, which actually helps stimulate the healing process (Kurtz, 2015).

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