

# Rehabilitation “Traffic Lights”

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## **Green Light**

If there is NO PAIN during, or after exercise, continue to push up the training ladder.

## **Amber Light**

Ache during, or after training, or the next morning, suggests moderate strain on injured part, use rest, ice and, if appropriate, anti-inflammatory gel between sessions. DO NOT TRAIN AGAIN ON AN INJURED AREA, UNTIL PAIN FROM PREVIOUS TRAINING SESSION HAS SETTLED.

MAINTAIN TRAINING INTENSITY AT THIS LEVEL UNTIL ACHE SUBSIDES

## **Red Light**

Sharp pain during training IMMEDIATELY CEASE TRAINING. IMMEDIATE APPLICATION OF ICE 2-3 TIMES DAILY, WITH ANTI-INFLAMMATORY GEL (IF APPLICABLE), COMPLETE REST AND ELEVATION IF POSSIBLE FOR 3 DAYS

You can then return to training at a much lower level of intensity, if pain free, push up through the training ladder over next few days.

If pain returns, contact Dr. Crosby (details below)