



OPTIM Manual Therapy Treatment Paradigm & Flow

- **Exam, Eval, Dx, POC, Intervention**
 - Re-assessment of asterisks sign or function movements
 - Done within and between treatments
- Manual therapy
 - Immediately re-assess asterisks sign &/or functional movements
- Motor control exercises
 - Correcting movements patterns
- **Outcome Assessment**
 - Re-assess asterisks sign &/or functional movements
- Functional warm-up
 - Jog, burpees, bear crawls, walking lunges, etc
 - Prime the nervous system & increase core temperature
 - “Activation” exercises
- Speed, agility, power
- Strength
- Metabolic conditioning
 - High intensity training relative to patient tolerance
- Motor control
 - Challenging the kinetic chain in fatigued state
 - Must be intentional/purposeful
 - May include speed, agility, power for the athlete returning to sport
- Cool down:
 - Easy aerobic movements followed by static stretching
 - Often skipped, but useful in reducing soreness & maintaining mobility
- **Outcome Assessment**
 - Re-assess asterisks sign &/or functional movements