• **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