

Passive to Active Treatment Model

(Acute Treatment Plan)

Five Factors of Healing

Pain Scale	Time	1 STM Fascia Re-education	2 PNF ROM Development	3 Physiotherapy Modalities	4 Exercise Movement	5 Nutrition
9-10	48-72 hrs Up to 2 or 3 weeks	Stroking, Effleurage Petrissage	Reflex Inhibition PIR	Ice Massage Interferential Micro current H-Wave EMS – SLS 1-15/80-150 HZ Crossed + / - Radicular Setting	Pre- Reactivation Home Program Passive Passive Assistive CPM Floor Home Care	Nutracleanze Paraclenze Isotonix Enzyme Digestive Plus Wobenzyme Inflazyme 3x / Day Dr Dan's Tips
7-9	2 to 3 weeks	Effleurage MFR STM O/I	PIR Modified PCS Contract Relax	EMS 1-150 HZ SLS, Crossed US – Pulsed, 3mhz/Mass. Ice Massage Contrast	CPM Re- Activation Protocol Isometric's Proprioceptive PNF-D2, D3	Paraclenze Isotonix Enzyme Calcium Complete MSM / GS/ CS
5-7	Weeks 4-6	STM O/I TPT TTM Myomere Stim. GT / Spindle	Contract Relax PCS PNF	EMS 40-60 MLS, (L to T) With Co- Contraction Russian Stim. Traction Diathermy US as Indicated	Stage I	Isotonix OPC-3 Isotonix Isochrome Isotonix Multi Protein Caloric Intake
4-5	Weeks 6-8	TPT Active Release Deep Tissue TTM	PNF PCS CRAC Active	As Indicated	Stage II	Isotonix Custom Cocktail Caloric Intake Phenotypic Specific
2-4	8-12+ Weeks	TTM NMR	CRAC Active	As Indicated	Stage III	Custom Cocktail Gene SNP
0-2	PRN	Upper or Lower Stretching Protocol And AN	Dynamic Whole Body	As Indicated	Home Strength or Flexibility as RX	Custom Cocktail Gene SNP

Table 1: "Five Factors of Healing" – Passive to Active Treatment Model