

Soundbite script – Getting back on your feet again

Crystal Whitmarsh, physical therapist, OSF HealthCare

“Most people would be surprised. We used to tell them to rest, ice, compress and elevate. But now we're finding that it's important to get moving sooner.” (:12)

Crystal Whitmarsh, physical therapist, OSF HealthCare

“Obviously, you don't want to jump into it too quickly, so you want to slowly transition back. “But early motion is really proving to be helpful in recovering faster.” (:11)

Crystal Whitmarsh, physical therapist, OSF HealthCare

“You don't want to go in and progress intensity, resistance and repetitions all at once. Pick one thing and see how you respond. And then if that goes well the next day, then you might progress a little further.” (:12)

Crystal Whitmarsh, physical therapist, OSF HealthCare

“We want accurate muscle use and accurate timing of muscle use, and that helps to watch your form. We're not asking for perfection. That's impossible, but just making sure that you're protecting your joints as you move through the motion.” (:16)

Crystal Whitmarsh, physical therapist, OSF HealthCare

“On that pain scale of zero to 10, I tell people if you're in the two to three range, I'm okay with that. If you start getting up to six, seven or eight, now that's our red stoplight.” (:13)

Crystal Whitmarsh, physical therapist, OSF HealthCare

“Just listen to your body. If you overdo it one day, now you're a little more swollen, maybe a little more pain. Back off, do an active rest day, and then move back into it the next day once things improve.” (:12)