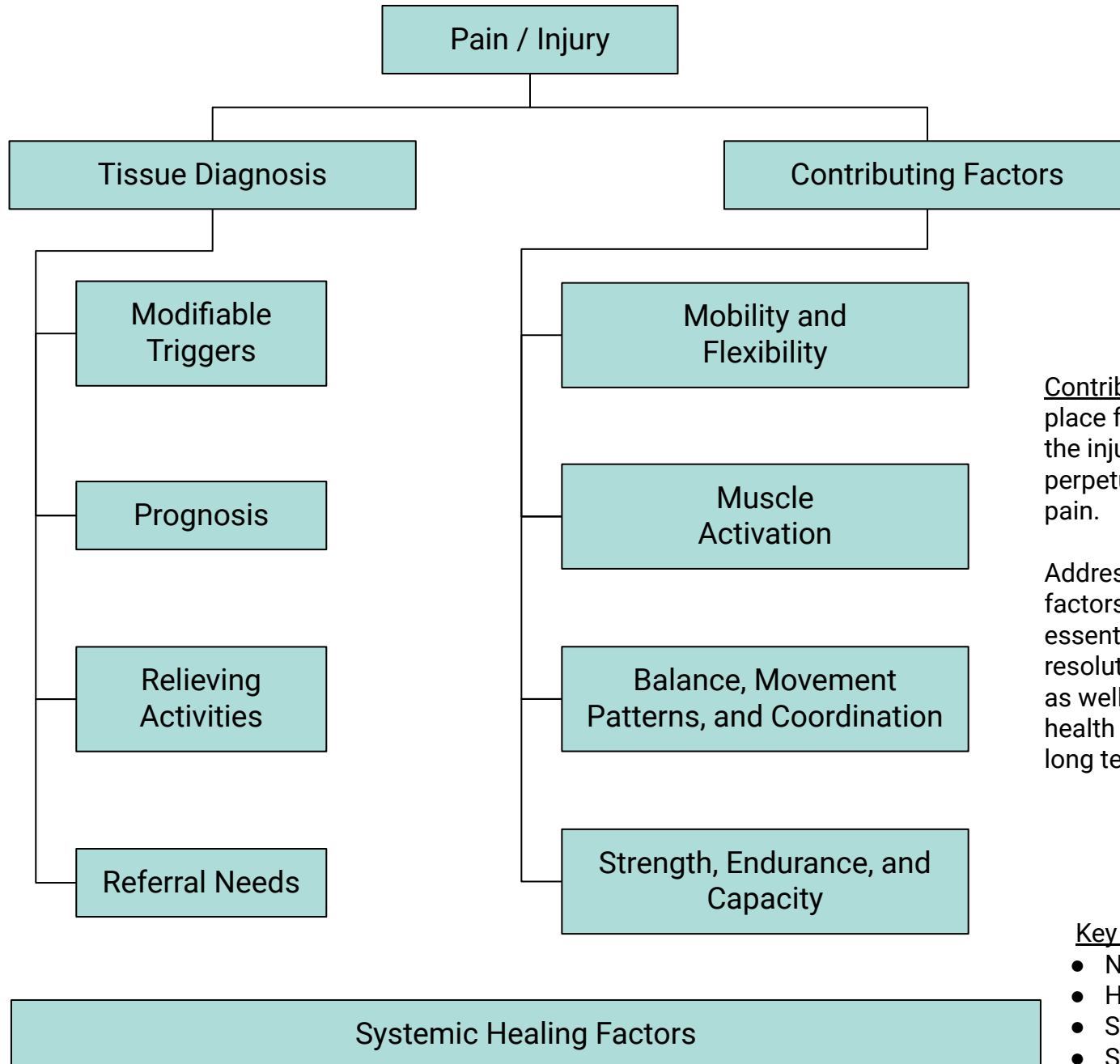




EVOLVE Flagstaff Injury Rehabilitation Framework



The tissue diagnosis is the structure(s) that is injured or causing pain.

By determining a specific diagnosis, we can more precisely modify aggravating triggers, add activities that provide relief and promote healing, and estimate a your prognosis.

There are some cases in which an exact diagnosis is not possible or not required for resolution of symptoms. If this occurs in your case, your physical therapist will discuss it with you.

Contributing factors place force or load on the injured tissue, perpetuating a cycle of pain.

Addressing contributing factors is often essential to long term resolution of an injury, as well as optimizing health and injury risk long term.

Key systemic factors:

- Nutrition
- Hydration
- Sleep
- Stress
- Mental health
- Recovery Mindset
- Daily movement

Systemic healing factors are habits and behaviors that affect the body as a whole, and can contribute to or detract from healing.