PRİMFIT Rehabilitation Protocols

Postoperative Considerations

1. Weight bearing on the operated side will depend upon the type of surgery and the general post-operative protocols provided by the medical doctor.

2. The patient and the practitioner should follow all post-operative kinematic and kinetic precautions.

3. The progression to PRİMFIT must be based on clinical judgment by the rehabilitation and medical professional.

4. All exercises should be carefully observed for any signs of compensation or guarding.

5. In addition to PRİMFIT, aerobic and general conditioning should be performed throughout the rehabilitation process.

6. PRİMFIT exercises facilitate posture control, functional core strengthening, proprioception, dynamic balance, eccentric and rotational movement.

7. General functional objectives when utilizing PRİMFIT:
   - Improve neurological reaction time
   - Improve stability and mechanical efficiency
   - Improve functional flexibility
   - Improve immediate balance reaction
   - Improve athletic ability and body coordination
   - Improve safety with Activity Daily Living (ADL) activities
PRİMFİT Rehabilitation Protocols

Vestibular Disorders
- An exercise based treatment to promote vestibular adaptation and substitution
- Promote and facilitate vestibular normal function in case of hypofunction
- Based on the principles of The Cawthorne and Cooksy: Encourage head and eye movement
- Focus on PRİMFİT 1-30 based on symptoms
- Progression: 1-7, 9-12, 13-21, 22-30

Goals
- Improve postural stability (ankle, hip and step strategy)
- Improve vertigo

Total Knee Arthroscopic
- Week 4-6: Initiate PRİMFİT when patient is full weight bearing and able to demonstrate weight shift, locomotion with or without assistive device and changing directions
- Week 4-5: PRİMFİT 1-10
- Week 6-7: PRİMFİT 10-16
- Week 8-9: PRİMFİT 17-24
- Week 10-12: PRİMFİT 25-33

Knee Arthroscopic
- Week 2-3: Initiate PRİMFİT 7-13
- Week 4-5: PRİMFİT 14-21
- Week 6: PRİMFİT 22-29
- If rehabilitation goal is to return to sport, then progress with HEP based upon PRİMFİT Assessment. Suggested progression from week 7-10 is PRİMFİT 30-50 followed by sports specific and agility specific movement with PRİMFİT 51-100

Anterior and/or Posterior Cruciate Ligament Tear
- Week 4: Initiate PRİMFİT with PRİMFİT 1-10 ONLY
- Week 6: Progress with weight shift all directions
- Week 7: PRİMFİT 11-19
- Week 8-9: PRİMFİT 20-28
- Week 10-12: PRİMFİT 25-39
- Week 12-16 PRİMFİT 40-50
  * with modification as needed
- Week 16-18 PRİMFİT 50-63
- Week 19-22 PRİMFİT 60-72
- Week 23+: Patient can progress to PRİMFİT 72-100 dependent on patient’s athletic ability

Total Hip Arthroscopic
- ONLY with physician approval and upon completion of 100% weight bearing protocol
- Week 7-8: Initiate PRİMFİT with PRİMFİT 1-10 ONLY (modify as needed)
- Week 9: PRİMFİT 10-15
- Week 10-12: PRİMFİT 15-20
- Week 13-16: PRİMFİT 20-24
- Week 17-20: PRİMFİT 25-32 (modify as needed)

Hip Labrum Repair
- Week 6: Initiate PRİMFİT with PRİMFİT 1-10 ONLY and ONLY if full weight bearing with no assistive device
  * Must have sufficient, controlled and painless rotational movement
- Week 7-8: PRİMFİT 10-18
- Week 9-12: PRİMFİT 20-28
- Week 10-12: PRİMFİT 25-30
- Week 12-16: PRİMFİT 30-40
  * with modification as needed
- Week 16-18: PRİMFİT 40-60
- Week 19-20: PRİMFİT Sport Specific and based on the individual athletic ability

Ankle Sprain

Grade 1
- Week 2: Initiate PRİMFİT as tolerable
- Week 2-3: PRİMFİT 9-20
- Week 4-5: PRİMFİT 20-30
- Week 6: PRİMFİT 30-50 and Sport Specific

Grade 2
- Week 4 post injury: Initiate PRİMFİT when patient is ready to ambulate without a boot
- Week 4 post injury: PRİMFİT 1-10
- Week 5 post injury: PRİMFİT 10-18
- Week 6 Post injury: PRİMFİT 19-30
- Week 7-8 post injury: PRİMFİT 30-44

Grade 3
- Week 3 post boot/cast and Week 6-8 post surgery (if performed): Initiate PRİMFİT as tolerable and follow Grade 2 protocol
- Week 6-8 post surgery: PRİMFİT 1-10
- Week 8 post surgery: PRİMFİT 10-18
- Week 9 Post surgery: PRİMFİT 19-30
- Week 10-12 post surgery: PRİMFİT 30-44