Rehab Assignment

* Based on the injury you picked come up with the following:
  + Progress through the stages of rehab with their sport.
  + For each stage of rehab identify at least 4 exercises/treatments you could do for them
  + Stages:
    - pain/swelling control
    - ROM
    - Non-weight bearing strengthening
    - Weight bearing strengthening
    - Functional activities
    - Sport specific drills/gradual RTP
* What taping/bracing/wrap could be used to help prevent re-injury during practice?