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?