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Wetting the elastic wrap to facilitate the passage of cold from ice packs might be helpful. Surround the injured area entirely with ice bags, and secure them in place. Ice bags should be left on for 45 minutes initially, then 1 hour off and 30 minutes on as much as possible over the next 24 hours.

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Isokinetic measures are commonly used as a criteria for return of the patient to functional activity following injury. Plyometric Exercise. Plyometric exercises, also referred to as reactive neuromuscular training, are most often incorporated into the later stages of a rehabilitation program.

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