



- **Start at the top.** Early on, your only job is to nail the basics: settle the swelling, get the ROM back (especially extension), and wake the quad up again. Skip these and everything downstream gets harder.
- **Work your way down.** The possibilities get broader as you go, with priorities shifting from protecting and restoring, to loading and building, to performing under pressure.
- **Use it to find what's keeping your athlete stuck.** Each band builds on the one above it, so if they're not progressing, the answer is usually higher up the pyramid than you'd think.

ACL Rehabilitation · Pyramid of Priorities