

TIME LINE

Return to Activity Time line

Weeks				
<1	<4	<6	<8	<12
inflammatory	Grade I	Grade II	Grade III	Partial Tears
bursitis	Sprains	Sprains	Sprains	
tendinitis	Strains	Strains	Strains	
External	Tendinosis		Tendinosis	
Impingement	(mild)		(mod-severe)	
				Non-op