

THE RIGHT MODE

AT THE RIGHT TIME

Health professionals have long preferred the so-called protection mode over the adaptation mode. Still too often today, injuries are treated with protective methods such as rest, immobilization, restricting movement to avoid pain, and passive treatment modalities. This protection mode is justified following trauma or acute pain. However, it has to remain a short-term approach, as prolonged use can become harmful and impede optimal recovery. Shortly after initial care has been provided, recommendations should encourage an active approach that promotes adaptation. Move, strengthen and stimulate tissues to better withstand mechanical stress, so that patients can gradually run more!

PROTECTION MODE

Rest
Immobilization
Maximalist shoes
Plantar orthoses
Passive treatment modalities



SHORT TERM EFFECT

Reduces irritation, inflammation and pain

LONG TERM EFFECT

WEAKENS tissues and reduces their tolerance

ADAPTATION MODE

Aerobic exercise
Movement / strengthening
Minimalist shoes
Bare feet
Active treatment modalities



SHORT TERM EFFECT

Can cause irritation if integrated too quickly

LONG TERM EFFECT

STRENGTHENS tissues and increases their tolerance

