**The SYMT Curve of Functional Rehabilitation TM**

No matter the injury, this process can be applied universally to rehabilitation of use from a SYMT perspective. Like a board game in which you throw a dice and move forward through progress, or backward due to set-backs, the process of rehabilitation needs to be sensitively monitored. It also does not progress linearly, but ebbs and flows depending on many factors, including the lifestyle, motivation, habit in place, and support as well as other factors. Non-linearity may be considered a more valuable model for human life and rehabilitation than linearity due to the complexity of the human experience and the widespread inability to stabilize lifestyle factors that impact health and wellness.

In SYMT we address the ebb and flow of trauma, post-surgical rehabilitation of musculoskeletal or orthopedic injury in terms of these five stages.

1. **Reduce pain and swelling.** When pain and swelling are present, focus on reducing both.
2. **Promote normal range of motion.** After acute phase, begin practices addressing basic mobility of joint in its ordinary pathway of action. Focus on basic mobilization and normal range of motion of each individual joint. Begin with: No load or force. Near reach/smaller range. Few repetitions.
3. **Focus on joint stabilization.** Strength muscles and tissues that support and stabilize the joint in question. Be aware of designing actions that promote even joint spacing. This usually involves actions in all dimensions around a joint depending on its anatomy.
4. **Focus on somatic** **dynamism** which involves both mobility and stability in three-dimension space. Employ gradated movement through multiple joints in relation to joint of focus. Train toward near to far reach in spoke, arc and carving actions, with appropriate loads.
5. **Train for specific use.** Noting client’s goal or goals for total recover or eben improvement of use, design mobility and stability practices that target movement that will be most useful.