Return to Sport: On Field Progression

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Things to take into account...

- Short and long term goals
- Fitness level
- Communication practices
- Personality type/psychological considerations
- Seasonality of return



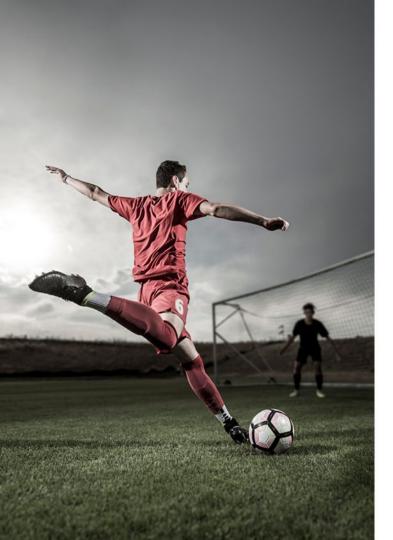




Goal Setting

- Restoration of:
 - Movement quality
 - Planned vs. decision-making movements
 - Physical Conditioning
- Performance based vs. Calendar based
- Seasonality of return
- Don't go day to day...have a plan!







Communication

- Athlete: Subjective, objective, timelines
- Coaches: Timelines, no "undue" pressure"
- Parent/Guardian: Progress, goals, staying positive
- PT: Progress/setbacks
- Surgeon: Setbacks, ongoing issues, reinjury



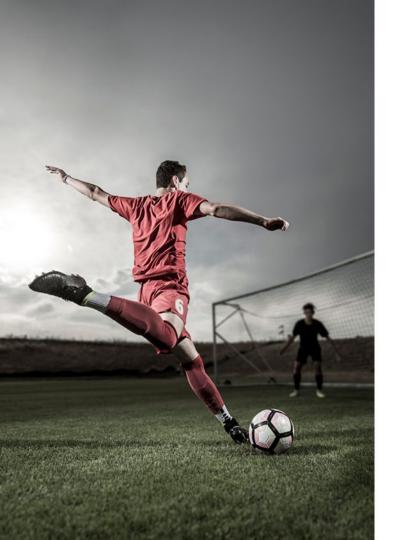




Transition from PT to AT

- Must first establish where patient is in the rehabilitation process
- Why did PT end?
 - Goals met, functional status achieved, isokinetic testing, RTS testing, insurance
- If PT ended prematurely, must first establish objective and subjective status
- Have plan established with provider and team regarding progression of exercises-GOALS







Introduction of Exercises by AT

- RTS and functional testing may be necessary
- Is strength lacking still?
- If so, will need to continue with hypertrophy phase
- If not, move exercises to functional status
- Assessment of not only physical, but psychological readiness cannot be overlooked here!





Progression of Exercise

- Introduction of:
- Closed vs open chain exercises
- Agility (ladders, cones, sleds)
- Plyometric and ballistic exercises
- Aerobic vs anaerobic exercises
- Exercises should mimic practice and game like situations
- Start with phased progression of individual drills, to position specific (1:1), practices, game like situations, finally full competition







SINGLE LEG
JUMPS WITH
ECCENTRIC LANDING
TRAIN BODY CONTROL DURING LANDING PHASE OF A JUMP



SINGLE LEG
DIAGONAL HOP
AND STICK
TRAIN BODY CONTROL DURING THE LANDING PHASE OF A JUMP







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Final Clearance for Return to Full Competiton

- Physical and mental strength full-continual check-ins leading up to this is key
- Does provider want to see them back in office or in ATR prior to release?
- To brace or not to brace?
- Monitor closely for signs of continued weakness or limitations
- Monitor signs of psychological stressors
- Continual communication with all stakeholders at all times

