

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 RDL

Improve strength and flexibility
targeting glutes and hamstring muscles

LATERAL LUNGES

IMPROVE BALANCE, STABILITY AND STRENGTH

DOUBLE LEG JUMPS WITH ECCENTRIC LANDING

TRAIN BODY CONTROL DURING LANDING PHASE OF A JUMP

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

SKATERS WITH FLOOR TOUCH

IMPROVES LATERAL POWER TO THE LOWER BODY





Final Clearance for Return to Full Competition

- 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

