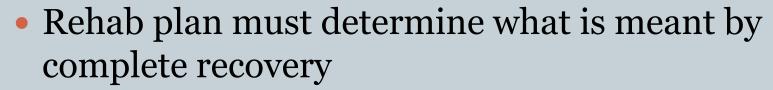
Criteria for Full Return to Activity



- Athlete is fully reconditioned, achieved full ROM, strength, neuromuscular control, cardiovascular fitness and sports specific functional skills
- Athlete is mentally prepared
- The decision to return to play should be a group decision (sports medicine team)
 - Team physician is ultimately responsible

Decision should address the following concerns

- Physiological healing constraints
- Pain status
- Swelling
- ROM, strength, neuromuscular control, proprioception, kinesthesia, cardiorespiratory fitness
- Sports-specific demands
- Functional testing
- Prophylactic strapping, bracing, padding
- Responsibility of the athlete
- Predisposition of the athlete
- Psychological factors
- Athlete education and preventative maintenance program

Functional Testing

- Uses functional progression drills for the purpose of assessing the athlete's ability to perform a specific activity
- Entails a single maximal effort to gauge how close the athlete is to full return
- Variety of tests

× Shuttle runs

× Agility runs

× Figure 8's

× Cariocca tests

-Vertical jumps

-Balance

-Hopping for distance

-Co-contraction test