

Criteria for Full Return to Activity





- **Rehab plan must determine what is meant by complete recovery**
 - 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