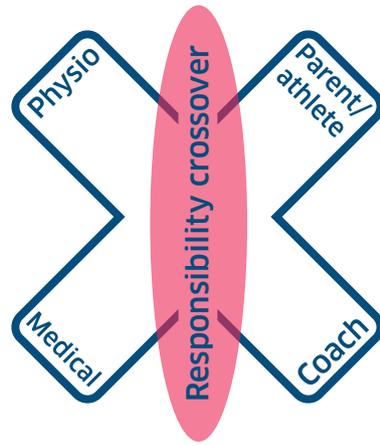


Return to Play (RTP)
 Managing an injured athlete can be challenging. It is important that the coach, parent, athlete and physio are communicating effectively throughout the RTP process. As they all play a pivotal role in successful rehabilitation. During this time we must ensure each individual in this circle knows their role and the responsibility within the rehabilitation journey, as this is where the responsibility cross-over from physio/medical to coach/athlete/parent occurs.



Responsibility

Conversations with parents

Yes

Information required from parents, physio or athlete:

- Expected timeframe for safe return to training and then competition?
- Clear progressions and milestones within the timeframe to be achieved
- What is the current focus of rehabilitation and how can the coach facilitate this?
- Who to contact with any questions throughout the RTP process?

No

Has the athlete been signed off for a full return to sports by a health care professional?
 Remember, being discharged from a health professional does not mean this athlete is ready to undertake their usual sport. Use of the Medical Advice Slip.*

Completed

Yes

Sports physiotherapist assessment advised

No

Physio RTP Milestones:

- Full range of motion
- Full sports-specific strength tests
- Psychological readiness
- Graded increase in sports-specific training demands

Return to training:
 Is the athlete able to complete all training without pain or limited function at near competitive demands and intensity?

Yes

No

Reduce training load and difficulty to pain free levels or cease training if this is not possible. Then, refer back to physiotherapy for re-assessment and to ensure milestones have been achieved.

Return to competition:
 Monitor in the early stages of competitive play - is the athlete able to compete at full capacity without symptoms?

Yes

RTP Journey Complete