

Return to Sport Post Injury

Walk

- · Are you pain free walking?
- Are you as strong on the weak side compared to the stronger side?

Run/Swim /Cycle

Can you run/swim/cycle pain free?

Faster

- Start to increase your pace.
- Add in change of direction drills.

Agility

- Add in sport specific drills.
- · Add in soft contact.
- Remember to pace yourself.

Training <u>Matches</u>

- · Increase your speed.
- · Reduce predictability.
- · Increase contact.

Matches /Races

- Return to play.
- · Continue with your rehab and staying strong.
- It is expecteed to ache post.