

Return to Sport Readiness Assessment

01

Physical Evaluation

Conduct a thorough physical assessment focusing on range of motion, strength, and stability of the knee to ensure functional readiness for sport.

02

Pain Assessment

Evaluate knee pain levels during functional activities to determine athlete's tolerance and readiness to return to sport safely.

03

Functional Tests

Implement sport-specific functional tests to measure agility, balance, and strength necessary for the athlete's particular sport.

04

Psychological Readiness

Assess the athlete's psychological readiness for return, including confidence levels and fear of reinjury which may influence performance.

05

Gradual Progression

Text Here



Sport Readiness

Christian G. Meyer



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Sport Readiness Introduction

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