

## Return to play (elective)

### Semester 3

#### Learning outcomes

Upon successful submissions, students will be able to:

1. Describe the basic principles of return to play
2. Interpret the results of return to play assessment tests
3. Develop on-field exercise programs for return to play
4. Integrate the player into the team's normal schedule and exercise plan

#### Content

1. Return to play (RTP): Definition and importance
2. Injury types and RTP principles.
3. Biomechanical issues in RTP
4. Impact of surgery on RTP. The role of team doctor and medical imaging
5. Psychology and RTP
6. Motives for sport participation
7. Pre-game stress and injury
8. Communication skills and team dynamics
9. RTP after anterior cruciate ligament injury
10. RTP following conservative treatment of knee –related injuries
11. RTP following rotator cuff and spinal-related injuries
12. RTP after groin-related injury
13. RTP after ankle sprains
14. RTP in re-injured players
15. RTP after tendon injuries
16. RTP basics: no pain, no swelling, full range of motion. The role of progressive loading
17. Re-injury statistics by UEFA Elite Club. Secondary injury management
18. RTP and training loads
19. Role of preseason tests 1
20. Role of preseason tests 2
21. Role of preseason tests 3
22. Practical application on field 1
23. Practical application on field 2
24. Practical application on field 3

#### Student assessment

1. Applied performance tests (on the soccer field): 70%
2. Team essay (30%)