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REALLY ready to return to sport following injury? In: Therapy EXPO 2022, 23-24th November 2022, NEC Birmingham. (Unpublished)

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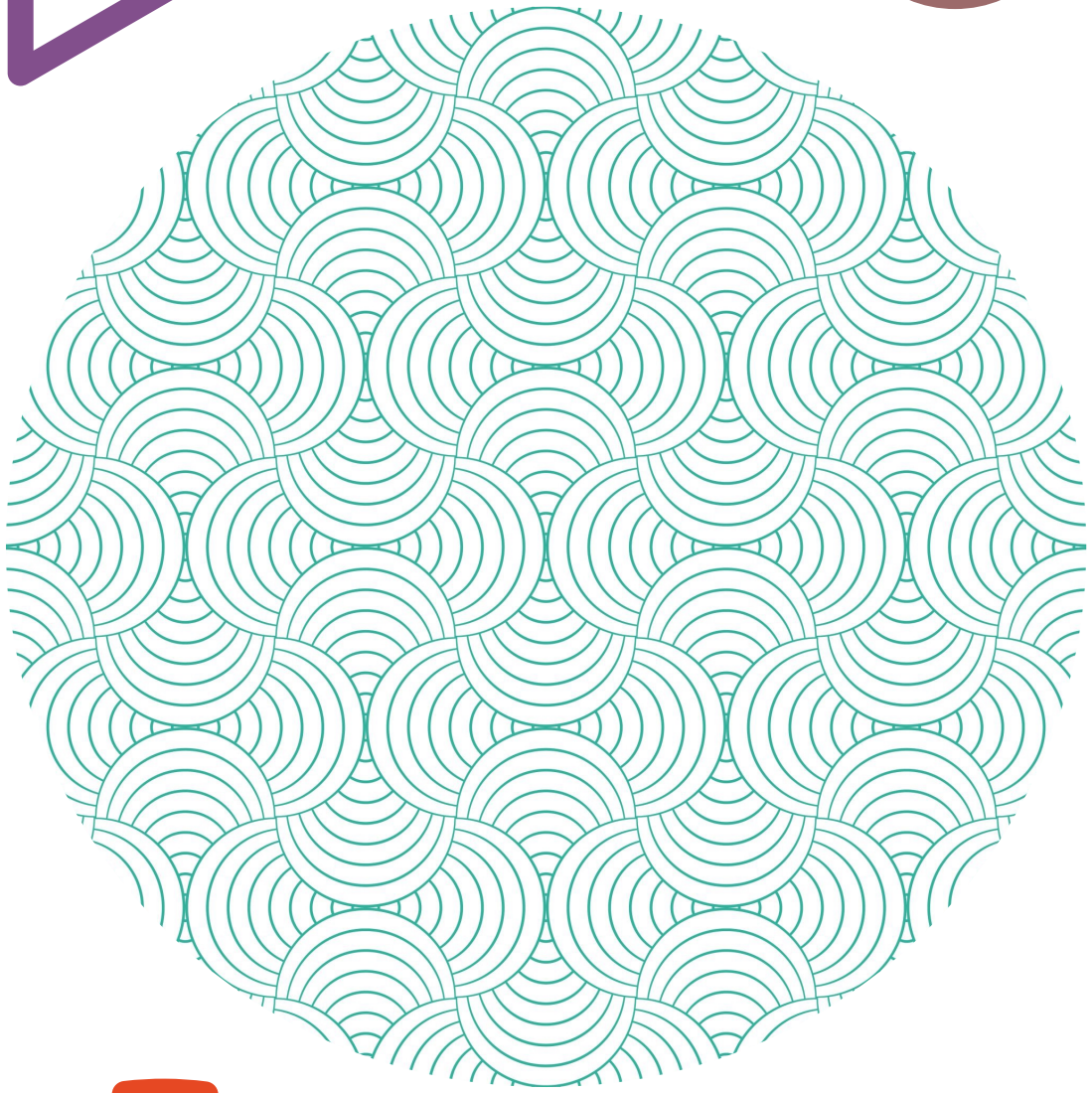
THERAPY EXPO

Is the athlete REALLY ready to return to sport following injury?

Dr Dale Forsdyke MSST, CSCS, FHEA
@forsdyke_dale



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Session aims

- Evaluate the return to sport landscape
- Define what readiness to return to sport is
- Discuss how readiness impacts return to sport
- Explain different dimensions of readiness and how these can be assessed

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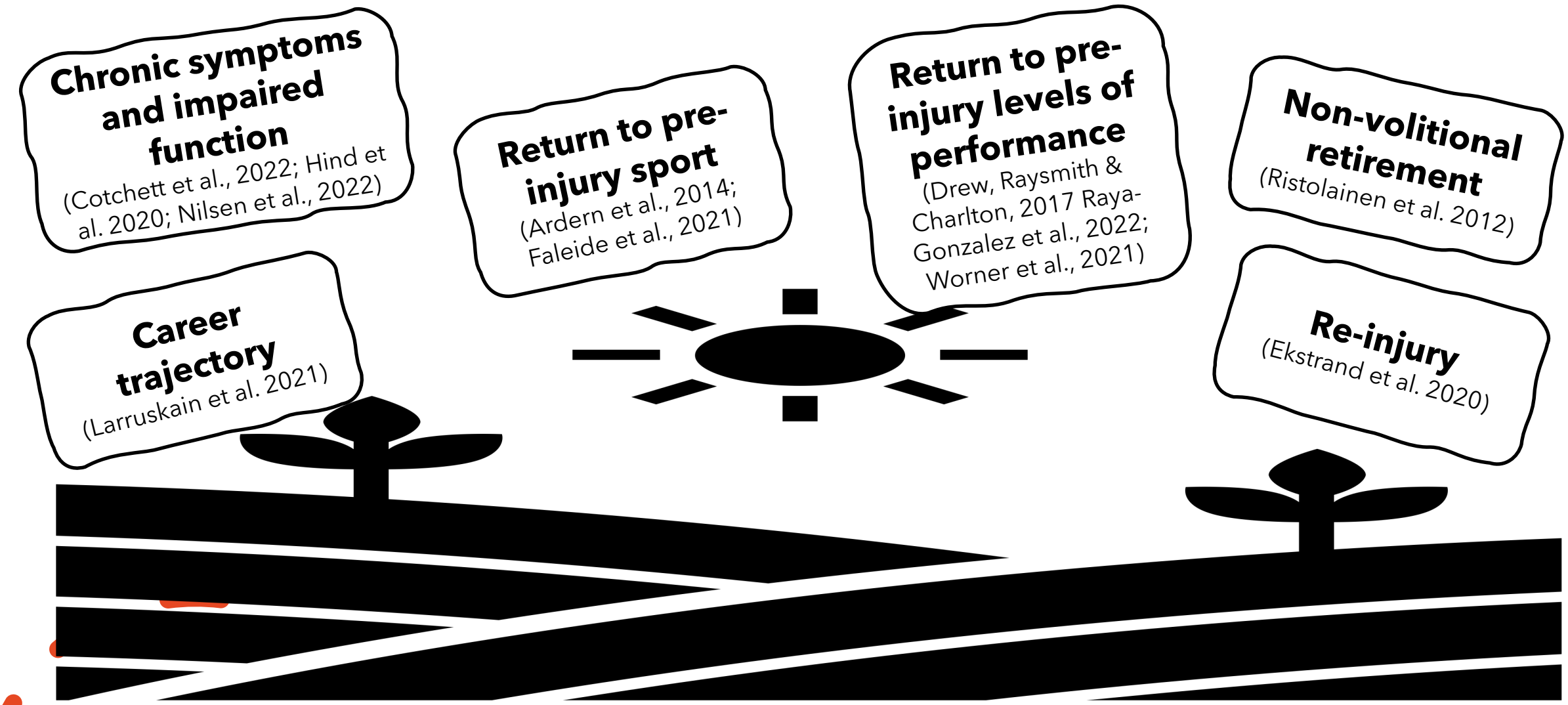
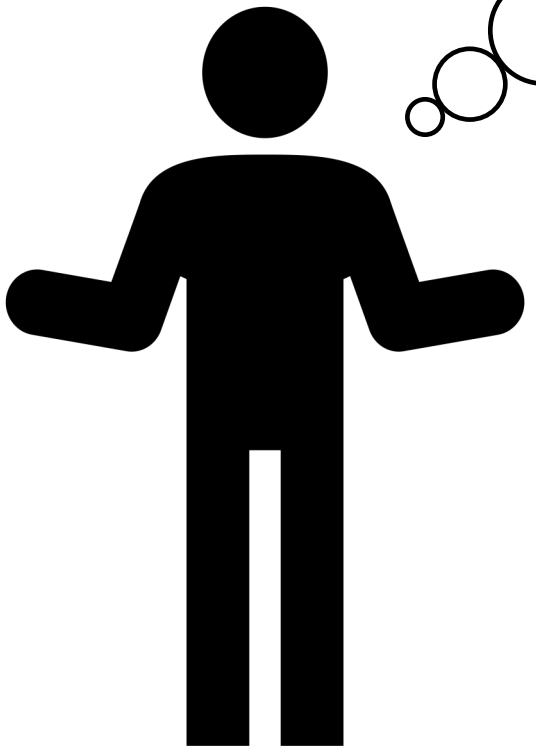
The return to sport landscape



Could this be indicative of not making robust assessments of **readiness** to return to sport?



Time

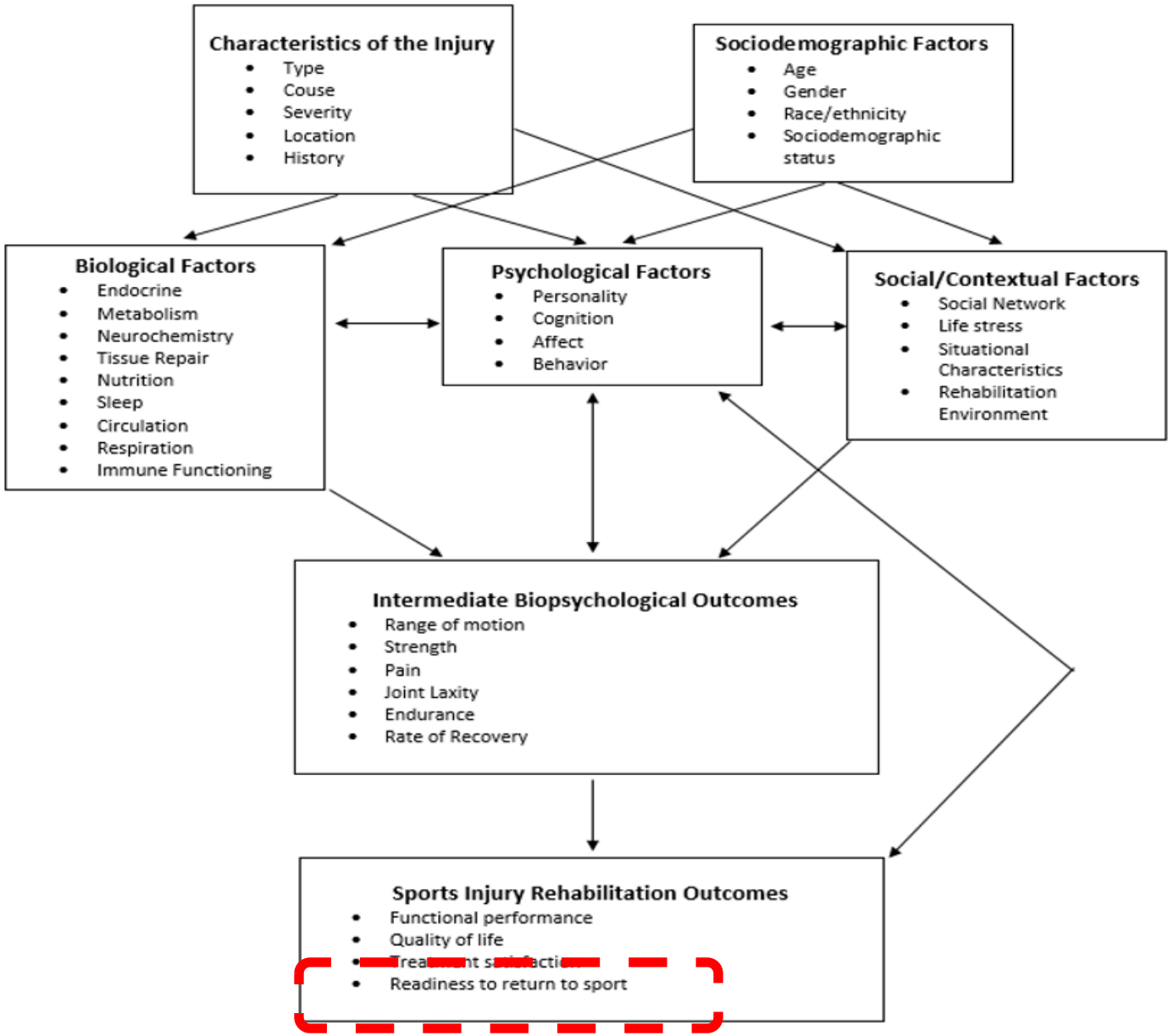
Function

Everything else

Burghi et al., (2019); Fanning et al., (2021); Kyritsis et al., (2016); Rambaud et al., (2018)

The biopsychosocial model of sports injury rehabilitation

(Brewer, Andersen & Van Raalte, 2002)



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Consensus statement

2016 Consensus statement on return to sport from the First World Congress in Sports Physical Therapy, Bern

Editor's choice
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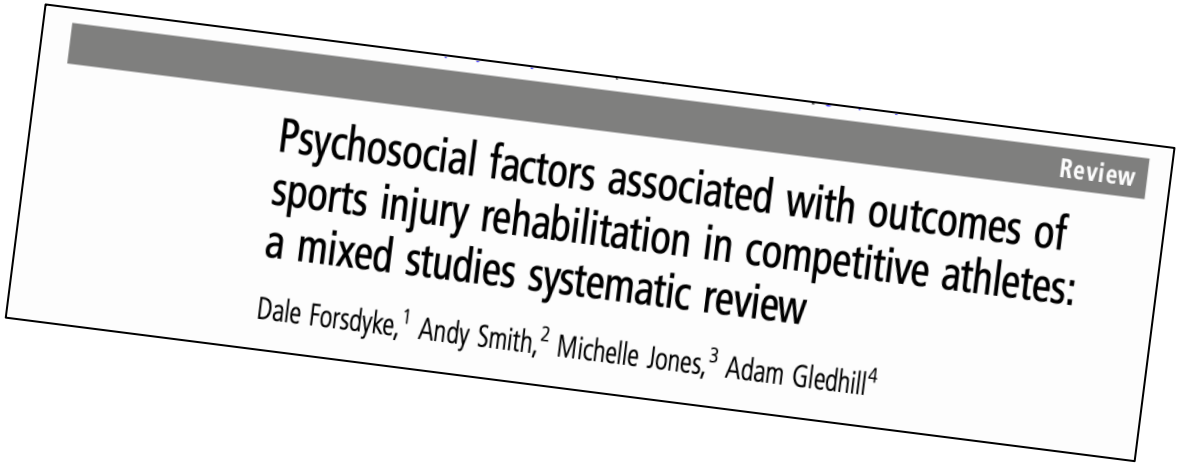
Clare L Ardern,[1,2,3] Philip Glasgow,[4,5] Anthony Schneiders,[6] Erik Witvrouw,[1,7] Benjamin Clarsen,[8,9] Ann Cools,[7] Boris Gojanovic,[10,11] Steffan Griffin,[12] Karim M Khan,[13] Håvard Moksnes,[8,9] Stephen A Mutch,[14,15] Nicola Phillips,[16] Gustaaf Reurink,[17] Robin Sadler,[18] Karin Grävare Silbernagel,[19] Kristian Thorborg,[20,21] Arnlaug Wangensteen,[1,8] Kevin E Wilk,[22] Mario Bizzini[23]



Review

Psychosocial factors associated with outcomes of sports injury rehabilitation in competitive athletes: a mixed studies systematic review

Dale Forsdyke,[1] Andy Smith,[2] Michelle Jones,[3] Adam Gledhill[4]

We need to be evaluating <u>readiness</u> to inform decisions over return to sport

Practitioners need to ensure injured athletes are <u>physically, psychologically, socially, tactically and technically ready</u> to return to sport

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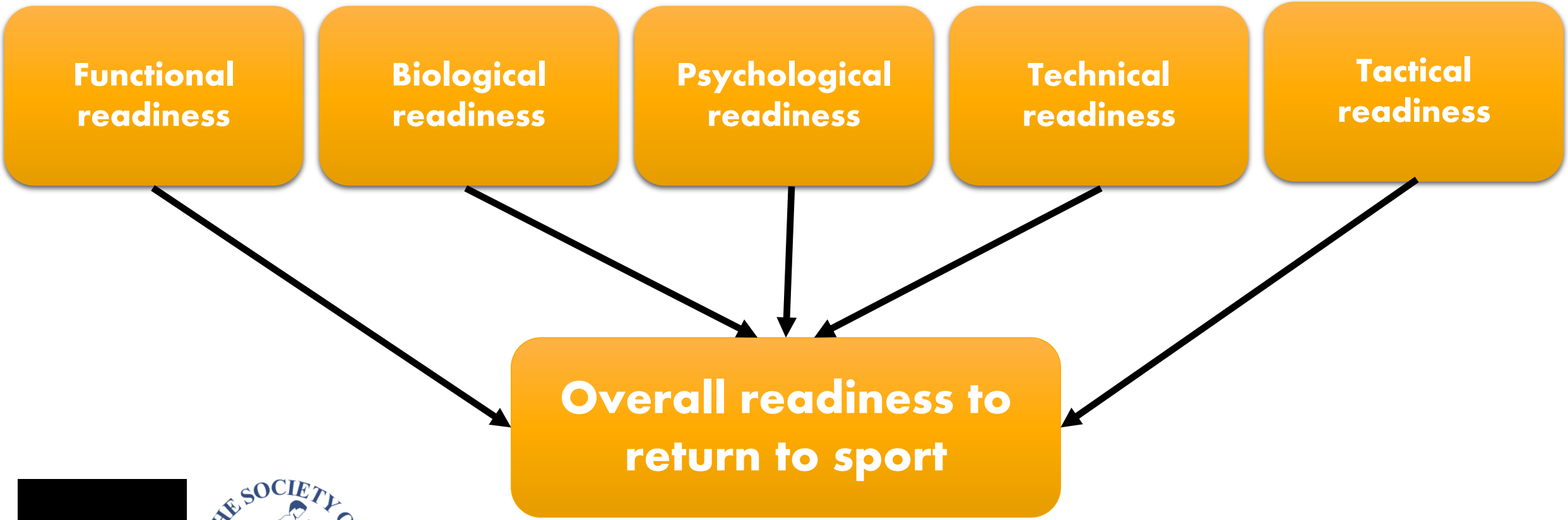
But what is readiness?

Not well conceptualised or operationalised in the literature

A set of multidimensional qualities that are developed over the course of rehabilitation and reconditioning, that will enable the athlete to return to sport (training and competition) and perform to expectations while remaining injury-free



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Example methods to assess dimensions of readiness

Functional readiness

- **Hop tests**
  - **Distance**
  - **Time**
  - **Number of repetitions**
- **Isokinetic dynometer (IKD)**
  - **Peak force**
  - **Work done**
- **Athletic shoulder test (ASH)**
  - **Peak force**
  - **Rate of force development**
- **Running T-test**
- **Y-balance**
  - **Lower extremities**
  - **Upper extremities**

Psychological readiness

I-PRRS scale (Glazer, 2009)

ACL-RSI (Webster et al., 2008)

ACL-RSI (SF) (Webster et al., 2018)

SI-RSI (Geromotta et al., 2018)

ALR – RSI (Signonney et al., 2020)

PRIA-RS (Gomez-Piqueras et al., 2014)

TSK (Miller, Kori & Todd, 1991)

RIAI (Walker, Thatcher & Lavallee, 2010)

K-SES (Thomee et al., 2007)

Biological readiness

Time

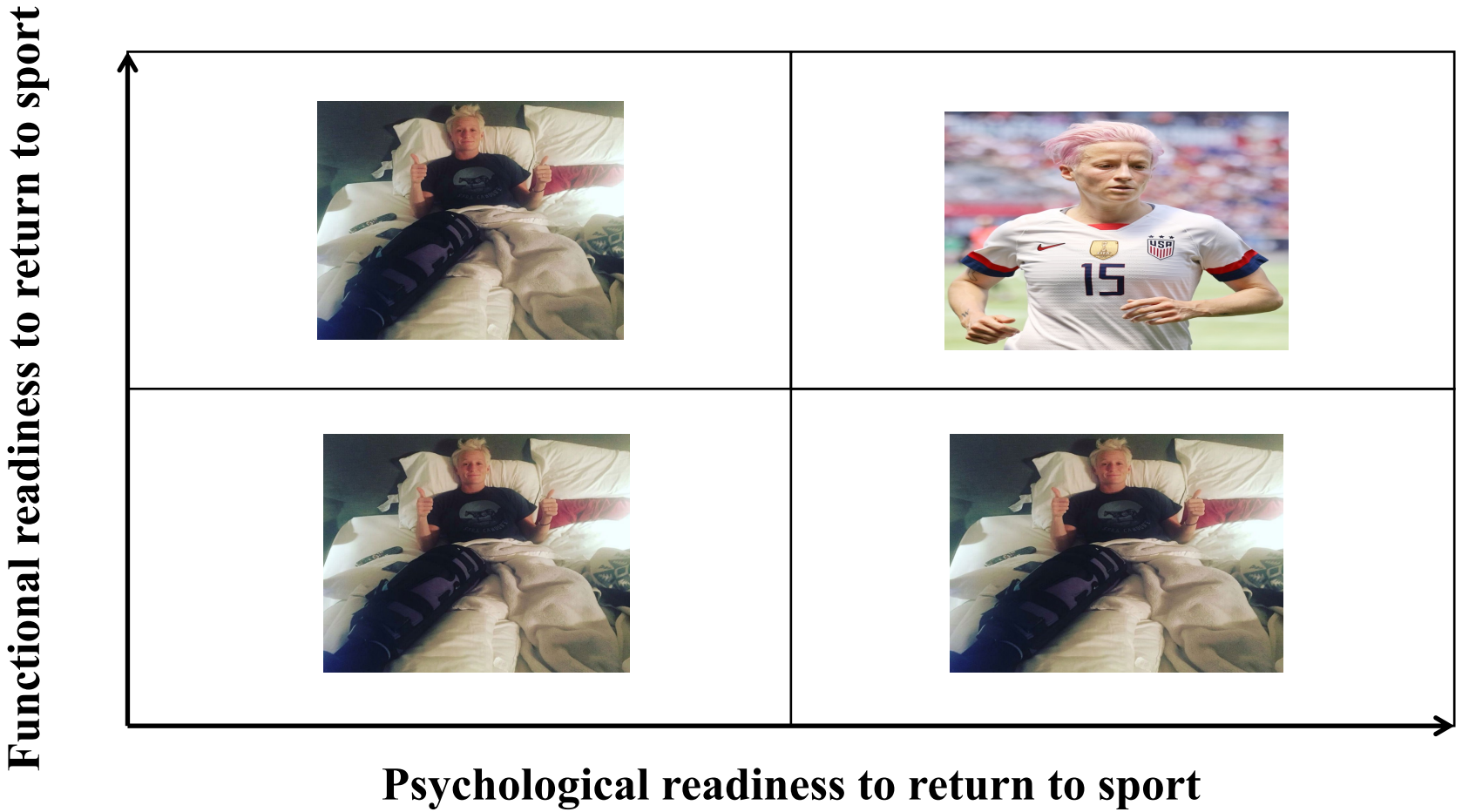
Imaging

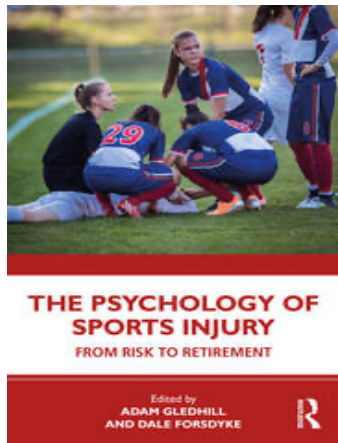
Tensiomyography (TMG)

Burghi et al., (2019); Fanning et al, (2020); Forsdyke et al., (2017); Kyritsis et al., 2016; Schwank et al., 2022

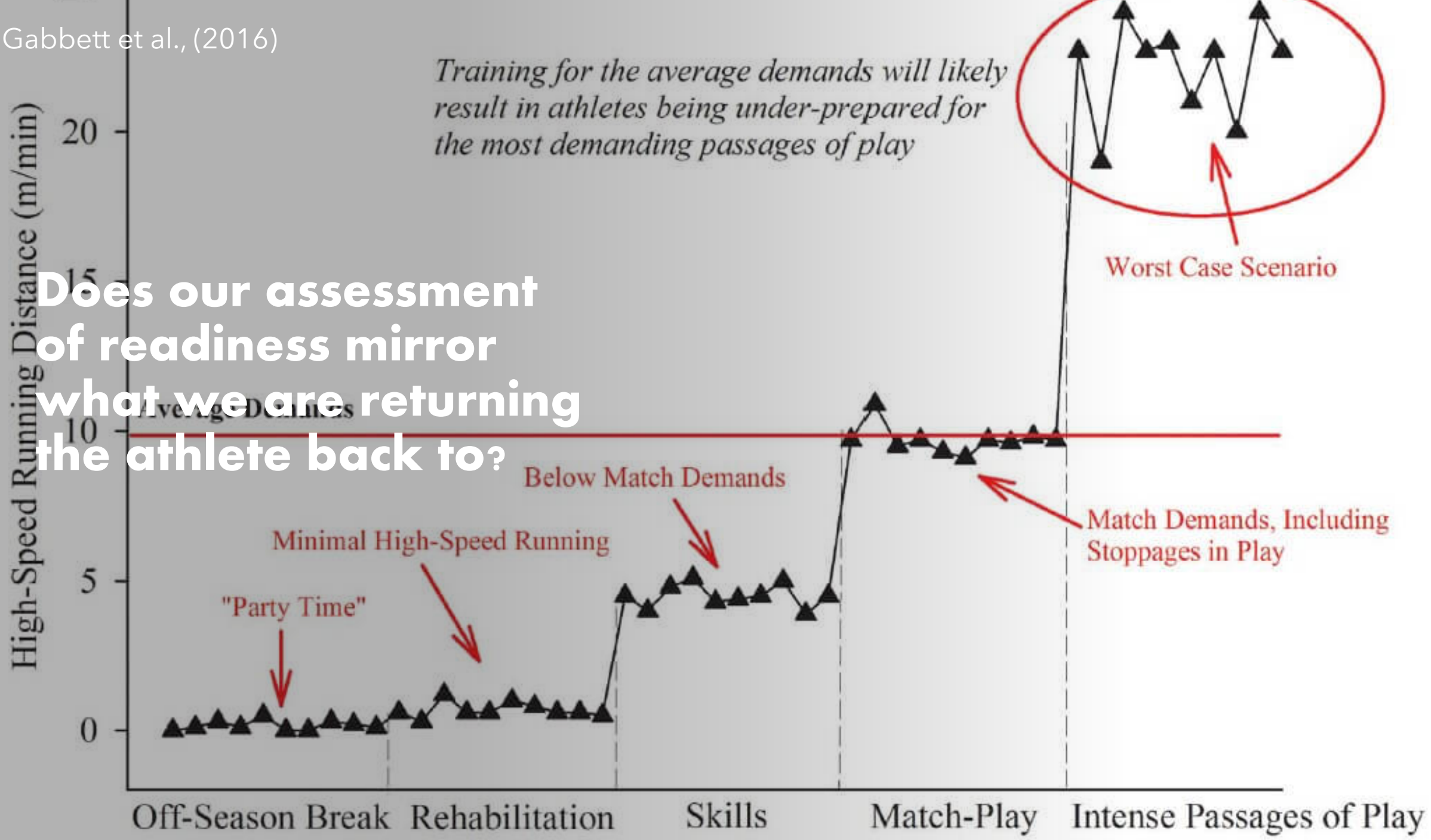
A Return to sport – ‘Quadrant of doom’

(Forsdyke & Gledhill, 2021)





Gabbett et al., (2016)



Maybe we should also consider tactical and technical readiness too

- May fill the gap between current assessments of readiness and demands of what we are returning the athlete back to
  - Open skills and chaotic
  - Cognitively demanding
  - Evaluate other dimensions of readiness in context

- Practically this may mean
  - Periodising your pitch-based reconditioning for tactical and technical demands
  - Observe the athlete on return to training
  - Gain perspectives on readiness from coaches (training form) and sports scientist/performance analysist (key performance indicators)

Functional readiness

Biological readiness

Psychological readiness

Technical readiness

Tactical readiness

Overall readiness to return to sport

'Being back out there on the pitch has been brilliant. I feel fit, I feel confident and I feel like myself again'

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So, in summary

- Readiness to return to sport appears associated with several important outcomes
- Readiness to return to sport is multidimensional, and as such decisions over returning to training and competition should consider these different dimensions
- Although dimensions of readiness can be measured, we must consider the limitations of these measurement methods

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Any questions?