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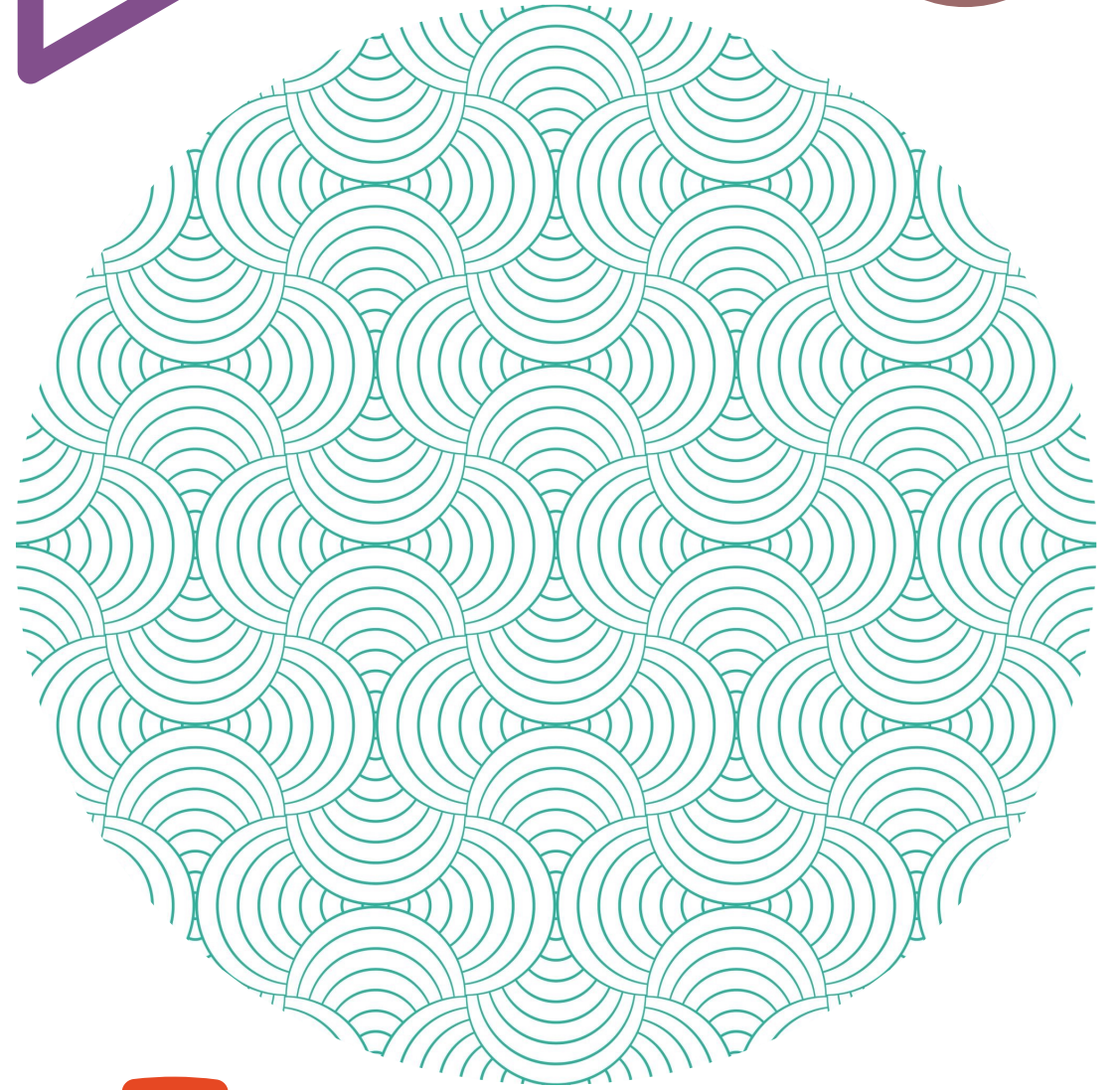
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Is the athlete **REALLY** ready to return to sport following injury?

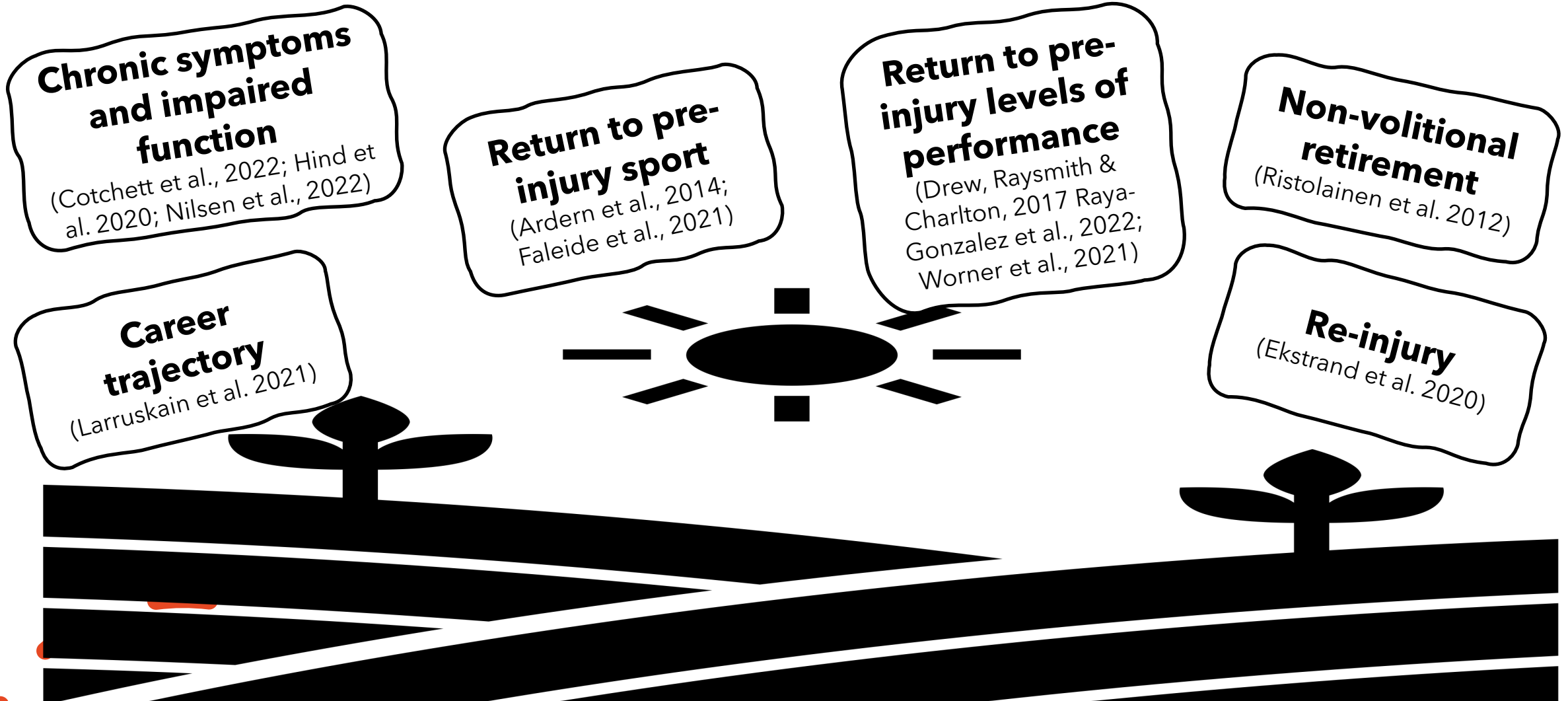
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Session aims

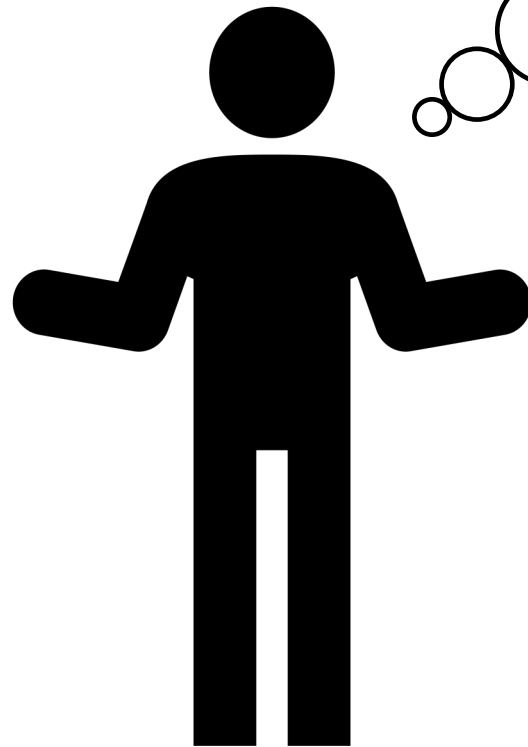
- Evaluate the return to sport landscape
- Define what readiness to return to sport is
- Discuss how readiness impacts return to sport
- Explain different dimensions of readiness and how these can be assessed

The return to sport landscape





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



Time

Function
Everything else

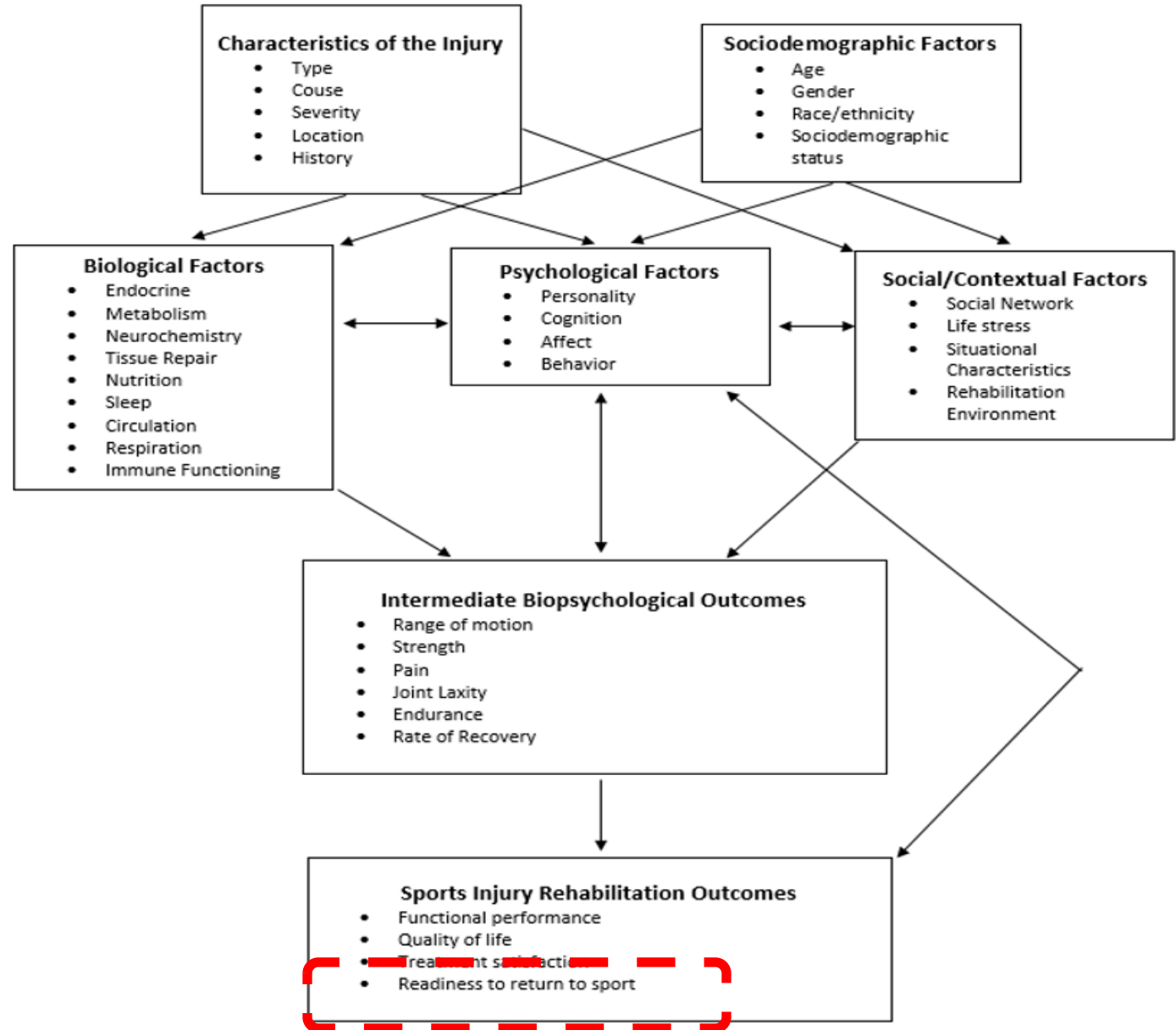
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Burghi et al., (2019); Fanning et al., (2021); Kyritsis et al., (2016); Rambaud et al., (2018)

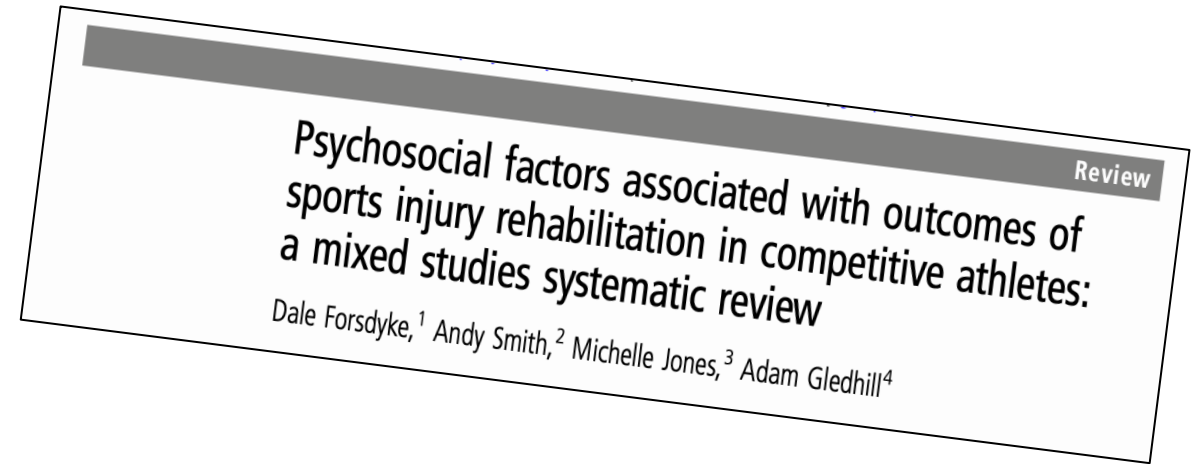
The biopsychosocial model of sports injury rehabilitation

(Brewer, Andersen & Van Raalte, 2002)





**We need to be evaluating
readiness to inform decisions
over return to sport**



**Practitioners need to ensure
injured athletes are physically,
psychologically, socially,
tactically and technically ready
to return to sport**

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



**Functional
readiness**

**Biological
readiness**

**Psychological
readiness**

**Technical
readiness**

**Tactical
readiness**

**Overall readiness to
return to sport**

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Example methods to assess dimensions of readiness

Functional readiness

- **Hop tests**
 - **Distance**
 - **Time**
 - **Number of repetitions**
- **Isokinetic dynamometer (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)

A Return to sport – ‘Quadrant of doom’

(Forsdyke & Gledhill, 2021)

Functional readiness to return to sport



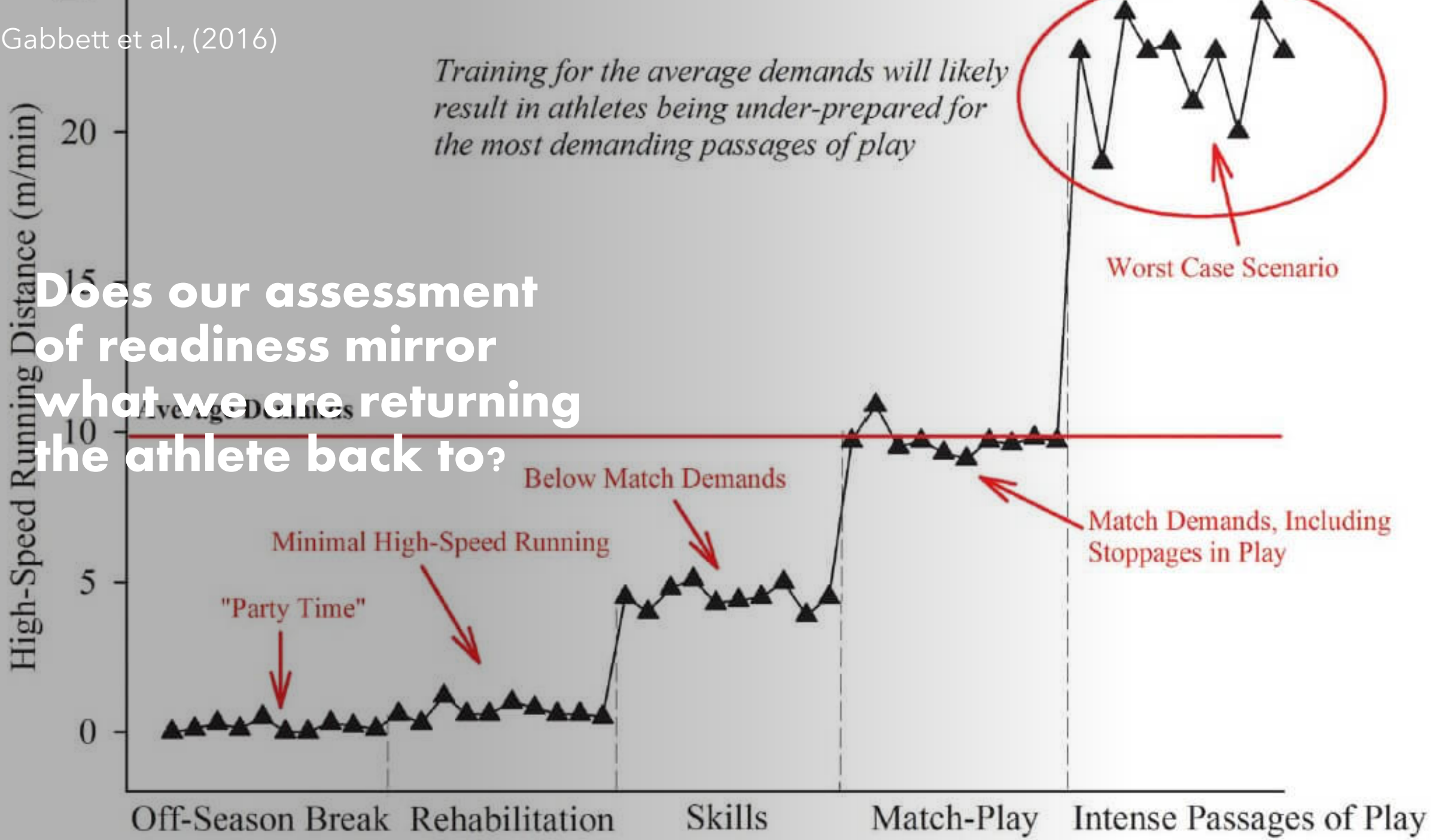
Psychological readiness to return to sport



**THE PSYCHOLOGY OF
SPORTS INJURY**
FROM RISK TO RETIREMENT

Edited by
ADAM GLEDHILL
AND DALE FORSDYKE

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Does our assessment
of readiness mirror
what we are returning
the athlete back to?

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 analyst (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

**Any
questions?**

