

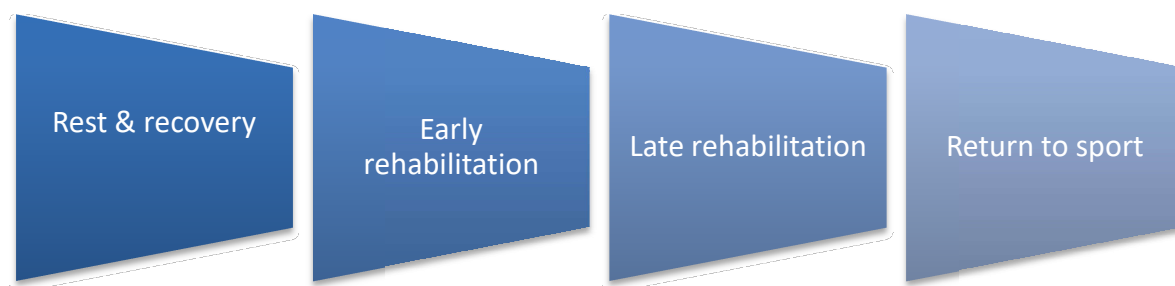
Return to Sport Programme

Information for patients, parents and carers

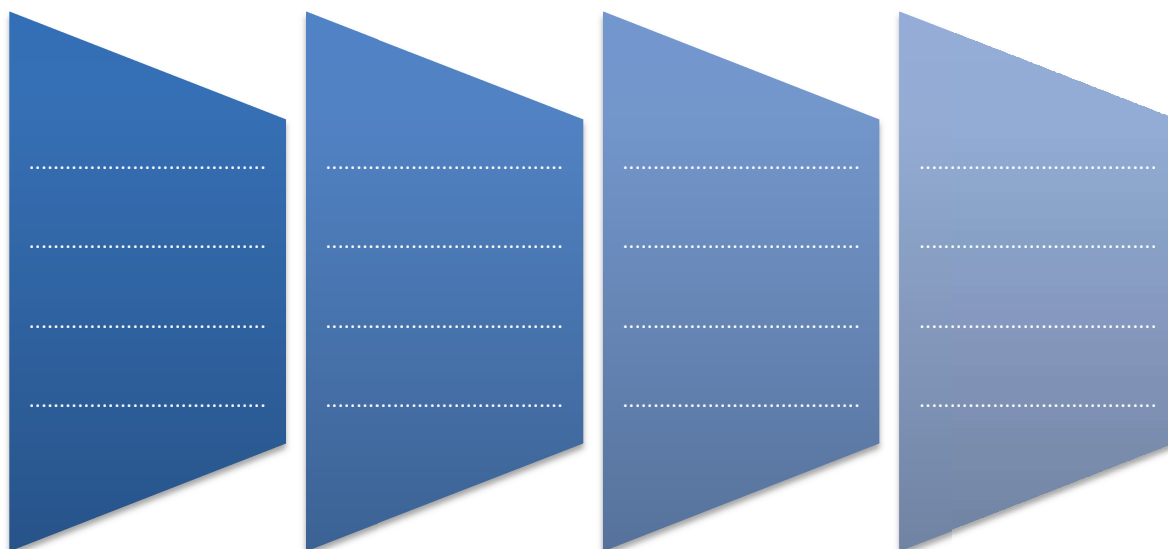
You have had an injury or surgery which means you cannot play your sports or do your activities. You have been referred to Physiotherapy to start your rehabilitation.

How will Physiotherapy help me?

Getting back after injury may take some time and might involve ups and downs. Your physiotherapist will give you exercises so your body can recover and get stronger again. They can give you ideas of how to stay active and strong whilst you cannot do your chosen sports. Your physiotherapist will help guide you through the stages of rehabilitation as seen below.



At each stage your physiotherapist will discuss with you the things you need to be able to do before heading onto the next stage. Your physiotherapist will be guided by criteria which is specific to you and your injury. Below is space for these to be written down, so you know what you need to do.



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graph LR; A[Rest & recovery] --> B[Early rehabilitation]; B --> C[Late rehabilitation]; C --> D[Return to sport]
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I don't want to hurt myself again

Of course you don't. We don't want that either. That is why physiotherapy is a changing process to get your body strong, flexible, and ready to get back to your sports or activities. You can see above all the factors that help you be the best you can be. Therefore, it is important to make sure you are considering them all alongside your rehabilitation.



Finally, think about what is it you want to be able to do. You are more likely to achieve your goals if you write them down. Please discuss them with your physiotherapist.

Contact Telephone Numbers

This leaflet is a guide to returning to your sporting activities. However, you should be guided by your physiotherapist, who may tailor this process for you. If you have any concerns or questions, please contact the Physiotherapy Department.

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