miMind

RETURN TO SPORT

- Introduction
  - Context and perspective
  - Reinjury rates
  - 3 Main questions
  - Define RTP success
  - We're do RTP Decision-making fit in
    - Part of rehab model
    - Assessment models
- EBM solutions
  - Consensus statements
  - STArTt framework
  - 2 Different RTP models
    - Time based model
    - Creterion based rehabilitation model
- TRIPP Toolkit
  - Test batteries
    - Individualise
    - TRIPP progression tool
  - Assessment tool
    - LSI
    - Normative value
    - Progress/regression
- Practical:RTS testing
  - Strength testing
    - Isom RFD/Peak F/ Total work
      - ISO-Push
      - Iso-Hold
    - Isotonic RFD/Peak F/ Total Work
      - Strength End 15-30RM
      - Strength Hypertrophy 8-12RM
      - Max strength 5-8RM
    - Isokinetic
      - Strength against consitant speed
    - Functional
      - Hop Test
        - SLHD;THD;Lateral Hop TIME HOP;DIAGONAL HOP
      - Performance Test
        - SJ;CMJ;DVJ;IMTP Vertical jump
  - Neuro-Muscular Control
    - Static
      - Postural Sway
    - Dynamic
    - Biomechanics
      - Kinetics
      - Kinematics
  - ROM
    - Passive
    - Active