

# Return to Sport Assessment

It is common to feel uncertain about when to return to sport following an injury or orthopedic surgery. This assessment is intended for individuals that are near the completion of their rehabilitation that are looking for guidance on their readiness to return to sport.

Testing is tailored to athletes of all levels using the latest technology and can include:

- Advanced measures of muscle strength that can relate to injury risk and overall health
- Motion capture and force analysis to review your movement patterns during athletic movements like jumping, hopping and changing-direction while running
- Specific questionnaires to identify your readiness to return to sport



Testing results are reviewed following the assessment and recommendations are made to restore performance and support your safe return to sport. The program is currently focused on patients with an ACL injury or reconstruction along with other knee injuries.

All test results can be forwarded to your rehabilitation professional, trainer or strength and conditioning coach, and medical team. Appointments are completed by a licensed physical therapist and can be eligible for billing under extended medical coverage.

For more information, please call us at 204-794-4800.

