

## General Recovery Process

Refer all injuries to an Athletic Trainer or Physician if injury shows no sign of improvement after 24 hours or if pain is severe.

### Keep athlete involved in team practices.

- o Can observe practice and learn plays.
- o Can help with hydration of the team.
- o Still involved in team meetings.

### Maintain overall conditioning while the injury heals.

- o Adapt conditioning to the specific injury. (An athlete with a wrist injury can still run and do situps, can do lower body workout in the weight room. An athlete with an ankle injury can still work upper body in weight room and condition on stationary bike.)

### Decrease pain and swelling.

- o Protection, Rest, Ice, Compression, Elevation

### Regain full motion and strength of injured body part.

- o Range of motion exercises first to regain full pain-free motion
- o Keep all movements within limits of pain. Never force any movement.
- o Once full range of motion is attained, begin strengthening exercises.

### Gradual, progressive return to play.

- o Begin with light functional drills and progress to sport-specific drills. Always use pain as a guide for return to play progression.

### Adequate warm-up before activity and cool-down after activity.

- o An athlete returning from injury will need extra warm-up time. This may include more stretching time, a little more jogging or throwing, or moist heat treatments.
- o Every practice should end with a cool-down period. Athletes returning from injury need to cool down well and ice the injured area after practices and games to decrease swelling and pain.

If you have any questions involving specific injury recovery or return to play, please contact your

SCS Athletic Trainer.

#### References

Arnheim's Principles of Athletic Training: A Competency Based-Approach Written by William Prentice and Daniel Arnheim