# Focus Question 4 - How is injury rehabilitation managed?

## Rehab Procedures

**True or False**

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| **Statement** | **True/False** |
| Purpose of rehabilitation is to restore optimal functioning to the injured area | **T** |
| Delay the athletes return to competition | **F** |
| Increase risk of re-injuring the area | **F** |
| Progressive mobilisation through active or passive movement increases the amount of scar tissue | **F** |
| Progressive mobilisation is essential to gradually restore the full ROM to injured area | **T** |
| Graduated exercise should include stretching, conditioning and maintenance of total body fitness | **T** |
| Flexibility is maintained after an injury | **T** |
| Conditioning relates to the strength required to restore muscles to their pre-injury state | **T** |
| Total body fitness is only about restoring the injured area to its pre-injury state | **F** |
| The use of heat and cold should be used regularly throughout the rehabilitation process from when the injury occurs | **F** |
| Once a player has completed rehabilitation they can go straight back to full competition | **F** |
| Rehabilitation procedures should include progressive mobilization, graduated exercise, training, use of heat and cold | **T** |

## Return to Play

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| Do you know your Syllabus Learn To: for Return to play |
| **S pecific warm up procedures** |
| **P sychological readiness** |
| **E thical considerations**  e.g Pr**essure** to Pa**rticpate**, Use of p**ainkillers** |
| **R eturn to play policies and procedures** |
| **M onitoring progres**  (Pr**e** T**est** and P**ost** T**est**) |
| **I ndicators of readiness for return to play**  (P **ain** F**ree**, D **egree**\_ of M **obility**) |