

# Return to Sport Readiness Assessment

01

## Physical Evaluation

Conduct a thorough physical assessment focusing on range of motion, strength, and stability of the knee to ensure functional readiness for sport.

02

## Pain Assessment

Evaluate knee pain levels during functional activities to determine athlete's tolerance and readiness to return to sport safely.

03

## Functional Tests

Implement sport-specific functional tests to measure agility, balance, and strength necessary for the athlete's particular sport.

04

## Psychological Readiness

Assess the athlete's psychological readiness for return, including confidence levels and fear of reinjury which may influence performance.

05

## Gradual Progression

Text Here



# Sport Readiness

**Michael Brown**



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