



Medical Clearance

→ Determined by Physicians and Licensed Medical Therapists

Performance Clearance Repair Restore Rebuild Return Reassess Resume **Early Onset Continue Repair Progression Based Full Clearance Obtain Medical** Continued on Individual **Healing Process** Clearance for **Evaluation & Specific Activity Restore Joint** Monitoring of **Avoid Infection** Motion & Individual Return To Play Build/Repair Skills: (Acute) Mechanics *Movement Return To Sport *Fitness Allow for Reduce *Sport Return To Adequate Compensatory Circulation Competition Actions Elimination of Compensatory **Regain Stability** Pain Free ROM Actions **Build Work Ensure Muscle** Capacity Activation Monitor Load **Volume Control Monitor Force Volume & Control Progression Based** on Individual

Length of Timeline is Dependant on the Severity of Injury