

# Sportsmetrics™ Return To Play (RTP)

Sportsmetrics™ Return To Play was developed for athletes who have already suffered an injury or had knee surgery, to ensure they are ready for return to their sport. Under the supervision of a Sportsmetrics™ certified physical therapist or athletic trainer, the athlete will learn the fundamentals of Sportsmetrics™ in a clinic setting and then train at home using the Sportsmetrics™ Video Series Volumes 1 & 2 over a six week period. The program is appropriate for ACL rehab or for any other lower extremity therapy that includes plyometric training. It combines the components of the Sportsmetrics™ Technique and Training program:

1. Dynamic Warm-up  
-5 minutes
2. Plyometrics/ Jump Training  
-30 minutes, 3 two-week phases
3. Strength Training  
-30 minutes
4. Flexibility Training  
-10 minutes

The Return To Play protocols include recommendations for the physician or rehab professional, to aid in determining an athlete's readiness for training. Once the athlete's readiness has been established through use of the recommendations and Sports Injury Testing (SIT), the therapist or trainer instructs the athlete on the program exercises' proper form and technique in the clinic. The athlete then performs the phase 1 of training at home three times per week for two weeks, including functional body weight/strength training exercises and stretches. The athlete then returns to the clinic for evaluation and instruction on the next phase of training, after which they perform the phase 2 activities at home with the videos. This pattern is repeated one more time with phase 3. The athlete is evaluated again at the end of the program using the SIT to evaluate progress, and to confirm that the athlete is ready to return to their sport activity.

Return To Play is instructed by a certified Sportsmetrics™ instructor one-on-one with use of the Sportsmetrics™ Techniques and Training Instructional Videos and Manual.

The Sportsmetrics™ Techniques and Training Instructional DVD and Manual are available for \$55 on VHS.