

Return to Play Guidelines

The child must meet the following criteria after an injury to return to play:

- Full range of motion of affected area
- Minimal to no swelling of the affected area
- No bony crepitus on palpation of the affected area
- No limp or altered gait
- The ability to run, spring straight ahead, and perform cuts
- The ability to perform sport-specific drills (e.g., running backward, cross-over)
- The ability to perform one-hop test (hop up and down on the affected extremity)
- The ability to defend and protect self from further injury