

Return To Play

Sportsmetrics™ Return To Play



Sportsmetrics™ Return To Play is for athletes who are recovering from injury or surgery, to ensure they are ready to return to sport. Under the supervision of a Sportsmetrics™ certified 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

How Return to Play Works:

Once the athlete's readiness has been established by a therapist and Sports Injury Testing (SIT), the therapist or trainer instructs the athlete on proper form and technique in the clinic. The athlete then performs phase 1 of training at home three times per week for two weeks. The athlete then returns to the clinic for evaluation and instruction on the next phase of training, after which they perform 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. The cost of the 4 training sessions and rental of the Sportsmetrics™ video is \$150.

For athletes who need more one-on-one training with an instructor during the 6-week training, we offer additional sessions:

- 7 sessions: athlete sees instructor once a week and performs jumps at home twice a week with the DVD...\$200
- 13 sessions: athlete sees instructor twice a week and performs jumps at home once a week with the DVD...\$250
- 18 sessions: athlete sees instructor for every training session...\$300

For more information, contact Stephanie Smith, Sportsmetrics™ Coordinator at 513-346-4514 or stutalo@csmoc.com

