

Return to sport

Returning to sport after injury or illness

Walk

- Are you pain-free and do you feel well when walking?
- Are you able to hold a conversation whilst walking with only moderate shortness of breath?

Run/ swim/ cycle

- Can you run/swim/cycle pain free and without severe breathlessness?
- Start with short distances and gradually increase
- Run/swim/cycle in intervals with a rest in between

Longer/ faster

- Start to increase distance or time
- Increase by no more than 10% per week
- Start to decrease the rest between intervals
- Slowly increase your speed

Agility

- Add in sport specific drills
- Add in soft contact
- Remember to pace yourself!

Training matches

- Increase your speed
- Reduce predictability
- Increase contact

Matches/ races

- Return to play
- Continue with your rehab and strengthening exercises to stay well and injury free!

Please ask any member of the team caring for you if you need help understanding this leaflet, or if you need the information provided in an alternative format. This includes translations, large print, Braille, easy read, on audio tape, or via email.