



# University Orthopaedic Center

## Sports Medicine & Athletic Injuries Tip Sheet



### Q. What does “Return to Play” mean?

A. “Return to play” means that you have recovered from either surgery or an injury enough to presume the activity at a level similar to before the surgery or injury. Of course, return to play may be different for everyone depending on the extent of the injury or particular surgery. Back to a level of activity too soon after an injury, increases the risk for a re-injury causing even more time away and compromising all levels of rehabilitation.

According to the AOSSM (American Orthopedic Society for Sports Medicine), when dealing with sports injuries, “employing the right game plan—from early diagnosis and treatment to full functional rehabilitation—can often safely accelerate an athlete’s return to play.”

*For answers to more frequently asked questions, go to UOC’s Ortho Q & A website page or ask Dr. Longobardi.*



### Tips from the Pros (Athletes) to speed your recovery\*:

- Maintain year-round balanced physical conditioning
- Make sure that injuries are recognized early and treated promptly
- Participate in a full functional rehabilitation program
- Stay fit while injured
- Keep a positive, upbeat attitude

\*2006 American Orthopaedic Society for Sports Medicine

What you do in the initial phase of an injury can help recovery!

### Remember R.I.C.E

**REST:** *Protect & rest injured area*

**ICE:** *Use in first 48-72 hours*

**COMPRESSION:** *Wrap area or use brace*

**ELEVATION:** *Elevate injury above the heart to decrease swelling*