

## **THE ANSWER TO THIS ONE QUESTION CAN MAKE OR BREAK YOUR SEASON!**

**Is your injured athlete Ready to Play yet?.....**

**Get it right...** and you see a smiling face from making a comeback or the reassurance of knowing you prevented a re-injury or a new injury!

**Get it wrong...**and you make a healthy athlete miss time unnecessarily or worse yet - a parent's worse nightmare: your decision to allow them to play contributes to a re-injury or a new injury! UGH.

As a parent or a coach, or even an athlete what are the key perspectives to have on this issue of Return to Play? First, remember -

Lack of Pain DOES NOT EQUAL Ability to Perform!  
Your body has an incredible ability to compensate (cheat!)

Do YOU know cheating when you see it?

That's the REAL question isn't it?

As an athlete, a parent or even a coach, if you "test" things out to see if an injured athlete can resume practice or games are you really sure you can identify those not so subtle and sometimes very subtle ways the body "cheats" to compensate for an injured body part that's just not up to snuff yet? It's not easy. After 25 years of experience in the field of rehab and training, and after lots of specialized biomechanical coursework I can tell you flat out that an athlete's body can just fool you sometimes if you're not really careful.

So do you feel comfortable making that decision? Can you see when the hip is cheating for a limitation in the ankle? Can you catch a subtle instability in the transverse plane at the knee during a lunge or a hop? Do you see that hip compensating in the frontal plane when that knee just can't handle a squat or lunge or sudden deceleration properly following a knee injury? Do those terms and ideas sound a little foreign to you? How about that trunk or shoulder blade compensating in the transverse plane for a shoulder that just isn't ready yet to hit a volleyball or throw that softball from the infield to first base?

**SEEING A PROFESSIONAL SKILLED AT FUNCTIONAL BIOMECHANICS CAN REALLY HELP YOU FEEL CONFIDENT THAT THE RETURN TO PLAY IS THE RIGHT CHOICE AND NOT JUST THE EASY CHOICE!**

***Call Peak Performance PT & Sports Training at 218-0240 to have your athlete evaluated.***