

Return-to-Play Framework

Sports, Fitness & Recreation

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This guide explains what the tool produces, how to use the output, and what to watch for. The actual output (draft/report) is generated on the tool page.

Background

Get a return-to-play framework for an athlete recovering from injury — the graded stages, criteria to progress, load reintroduction, and the medical clearance gate — so return is safe and re-injury is avoided. Describe the situation below.

Purpose of this tool & output

Return from injury safely

How the output is used

Use it to return from injury safely — a return-to-play framework across clearance, graded load and monitoring.

Important cautions

AI-generated general framework, NOT medical advice; return-to-play must be guided and cleared by a physiotherapist/sports-medicine professional to avoid re-injury.

Companion documents

- Strength & Conditioning Program
- Injury Prevention Program
- Recovery & Regeneration Plan
- Fitness Testing & Assessment
- Group Fitness / Bootcamp Program
- Sport-Specific Fitness Guide

This is AI-assisted guidance. Verify with a qualified professional before any binding decision. Fees, authorities and processes vary by state and change over time — confirm with your state authority.