

UW Medicine

Return to Sport Rehabilitation Program

At UW Medicine Sports Medicine Center

This handout explains the Return to Sport Rehabilitation Program at the UW Medicine Sports Medicine Center at Husky Stadium.

What is the Return to Sport Rehabilitation Program?

This program is for athletes who are:

- Returning to activity after surgery or a long-term injury
- Finished with physical therapy
- Not quite ready to return to their sport or athletic activity

The Return to Sport Rehabilitation Program uses sport-specific exercise as well as general strength, flexibility, and stability training. Its goal is to help you return to your sport stronger and fitter than before.

What can I expect?

On the day of your visit, wear clothing and shoes that you feel comfortable exercising in. During your visit, you will:

- Talk with our athletic trainer about your goals and health history
- Do a series of tests that assess your movement patterns, neuromuscular control, and strength
- Work with our athletic trainer to create an exercise plan to address your weaknesses and help you meet your goals

Your program will be customized to meet your specific needs and goals. It will include movement corrections, strength training, and sport-specific exercises. Our goal is to help you return to full athletic activity in a safe (and fun!) way.



Your rehabilitation program will include exercises to help you return to full activity in your chosen sport.

Who can sign up for this program?

This program is for athletes who:

- Have finished physical therapy and are returning to activity after long-term injury, surgery, or both
- Want to either return to their sport or continue some form of athletic activity

What are other treatment options?

You can also work with a personal trainer. But, most personal trainers do not have the medical background or education that athletic trainers at the Sports Medicine Center have.

Is this program covered by insurance?

This program is not covered by insurance. The first session is \$110. Follow-up visits are \$60.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports
Medicine Center: Call
206.598.DAWG (3294) and
press 8.