



Sievers Sports Medicine

Patient/Coach Information Sheet

Condition: Functional Return to Play Progression

Description and purpose of functional progression:

Functional progress is a concept that allows the athlete to begin performing physically strenuous tasks, starting with the easiest activity that they can safely do, then progressing to a slightly more difficult activity and continue in this fashion until they are able to do all the tasks their sport requires. This process should be supervised by a coach or trainer to make sure the athlete is completing each phase correctly and safely and to provide guidance through the process of recovery.

General functional progression for the lower body:

- I. Walking without limping
- II. Jogging
- III. Running straight ahead
- IV. Lateral movements (defensive slide type drills)
- V. 20-25 yard easy figure 8's
- VI. Sprinting straight ahead
- VII. 10-12 yard fast figure 8's
- VIII. Cutting at moderate-high speed, jumping and landing
- IX. Full release

Note: Appropriate sport specific drills should be augmented at each level of activity.

Functional progression for upper body:

- I. Gentle range of motion and strengthening without throwing
- II. Throwing soft, short toss
- III. Throwing a longer toss, still fairly soft
- IV. Throwing moderate speed
- V. Throwing higher speed from mound
- VI. Throwing full speed and breaking balls
- VII. Full release