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# PROPOSAL FOR "RETURN TO SPORT" TESTS AFTER INJURY, SPECIFIC TO FOOTBALL

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## INTRODUCTION:

The decision to return to sport (RTS) after an injury is one of the most complicated in sports medicine, due to the posibility of reinjury.[1]

The return to sport tests allow one to set goals to assess the condition of the patient and establish certain criteria before returning to competition.[2] These tests include: strength tests, jumping tests and stability tests, and are based on the "Limb Symetry Indexes" (LSI).[3] Nevertheless, there are studies which indicate that this method of evaluation could overestimate knee function values, [4] and the need to include specific sport movements in the tests.[5]

## OBJECTIVES:

To design a specific RTS protocol for football which is objetivable, adaptable and easily-reproduced.

## METHODOLOGY:

A survey was conducted among 22 professional players (6 defenders, 8 midfielders and 8 forwards) of a second-division Spanish team, which compiled 24 basic football movements based on technique (individual, collective and defensive) and their key actions, according to the Royal Spanish Football Association (RFEF: Real Federación Española de Fútbol) [6], and in which they were asked:

- the frequency of executing the action.

- the perception of risk associated with the action.

- the injuries suffered that were associated with the action.

- the conditioning of their mode of play due to the perception of risk of injury.

## RESULTS:

Dependant on the frequency of the action and according to the player's position, it has been established: 12 common plays, 3 specific plays for defenders, 2 for midfielders and 3 for forwards.

A play was identified with a high index of risk perception by the players: jumping off-balance due to contact from a rival.

The study outlined the actions suffered by players with a greater injury index, which were confirmed by experts in sports medicine, who completed the protocol

The injuries suffered by players did not condicionate significantly their play.

**CONCLUSIONS:**

An RTS protocol was created, based on the general and specific actions determined in this study, which will be objetived through video analysis among others and through 2 measurements, previously taken during pre-season.

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