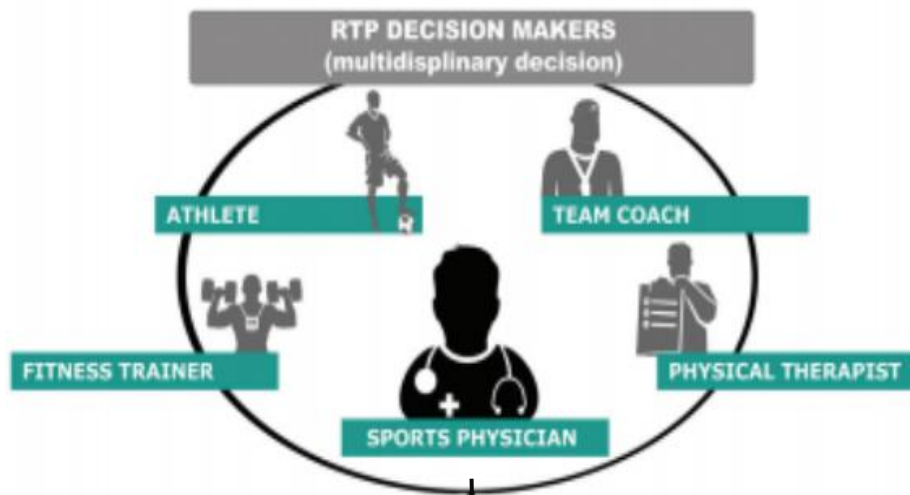


Figure 11: RTP Decision-Making Model for Hamstrings Injuries in Football



DEFINITION OF RTP

The moment the player has received criteria-based medical clearance and is mentally ready for full availability for match selection and/or full training

RTP CRITERIA TO INCLUDE

- Absence of pain on palpation
- Absence of pain during strength and flexibility testing
- Absence of pain during functional performance
- Absence of pain after functional testing
- Similar hamstring flexibility. Both the passive and active straight leg raise test should be assessed.
- Psychological readiness/athlete's confidence
- Performance on field testing:
 - Repeated sprint ability test
 - Deceleration drills
 - Single leg bridge
 - Position specific GPS targeted match specific rehabilitation
- Medical staff clearance

POTENTIAL RTP CRITERION

- Similar eccentric hamstring strength

RTP CRITERIA TO EXCLUDE

- Similar concentric/isometric hamstring strength
- Neuromuscular function
- MRI
- Completion of a number of full friendly matches
- Completion of a number of full training sessions