



## Injury Management Plan

### ALLIED HEALTH INJURY REPORT

- Visit Allied Health Professional (Thrive Physio or external if required).
- Provide electronic/hard copy to relevant coaches.



### ALTERED STRENGTH AND CONDITIONING PROGRAM PRESCRIBED

Exercise prescription of recommendations based on injury report.



### MODIFIED SQUAD TRAINING

Participate in modified squad training sessions based on injury report.



### INJURY REPORT & RETURN TO FULL TRAINING

Visit Thrive Physio or External Health Professional on return to normal Strength and Conditioning Program and squad training.



### RETURN TO COMPETITION

- Visit Thrive Physio or External Health Professional to direct return to competition.
- Report to be provided to relevant coaches.



### RETURN TO PERFORMANCE

Continue completing  $\geq 2$  GPP sessions per week and squad training to progress to pre-injury level.

