



Mountain Land
PHYSICAL THERAPY

RETURN TO SOCCER

Matthew Weber, PT, DPT, LAT, ATC



RETURN TO SOCCER PROGRAM

Physical therapy can accurately assess the problem and contributing factors, speed up your recovery, reduce the chance of re-injury, and improve confidence with return to play. Our return to soccer program will help you to return to the level of play following any lower extremity injury and is directed towards injuries that require non-surgical interventions. This program is focused on stabilization, body mechanics and coordination. Depending on the type and location of injury additional manual therapy techniques including Astym and gentle joint mobilization may be indicated.

TREATMENT APPROACH

PHASE 1: REDUCE ACUTE PAIN

PHASE 2: INCREASE PAIN-FREE ROM AND NORMALIZE KINESTHETIC SENSE

PHASE 3: DYNAMIC STRENGTHENING

PHASE 4: FUNCTIONAL ACTIVITIES AND SPORT SPECIFIC TRAINING

Every stretch, exercise, and activity that is prescribed in physical therapy is targeted toward the athlete's personal goals. This is achieved by addressing the underlying movement impairments that ultimately inhibit the patient from achieving their goals.

INJURIES THAT CAN BENEFIT

- ☑ Ankle sprain
- ☑ Achilles sprain or Tendonitis
- ☑ MCL/LCL Strain/partial tear
- ☑ Meniscal strain/partial tear
- ☑ Adductor strain
- ☑ Groin and Hamstring Strains

SPORTS INJURY THERAPIST

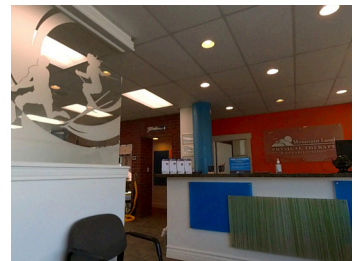
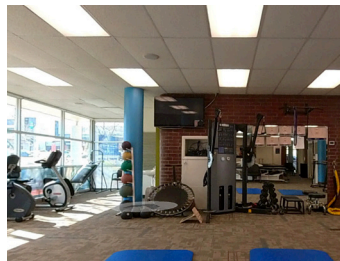
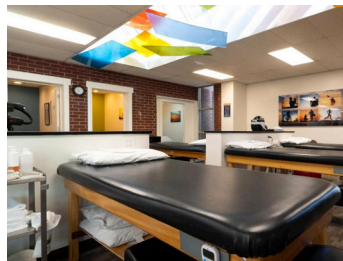
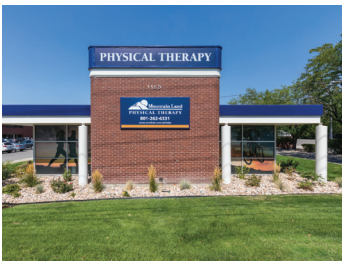


Matthew Weber, PT, DPT, LAT, ATC Physical Therapist, Athletic Trainer

Matt is a Physical Therapist and Athletic trainer (ATC). As an ATC, he has worked with various athletic populations including soccer, basketball, football, rugby and volleyball. He also currently works as an Athletic Trainer at the SLC airport assessing Delta employees' injuries on the job and doing on-site injury prevention and basic first aid. Having played soccer since age 4, he understands firsthand the frustration of injuries hampering your ability to play and fully participate.

Matt combines his knowledge and experience from both Athletic Training and Physical Therapy to determine the problem and contributing factors, create a personalized rehab plan, and then carrying out that plan with the athlete, to return to play at a high level all while making personalized adjustments as needed.

MILLCREEK CLINIC



Phone: (801) 262-6331

Fax: (801) 262-3372

Email: slcop@mlpt.com

Address: 1153 East 3900 South, Millcreek, UT, USA



www.mlpt.com/saltlake

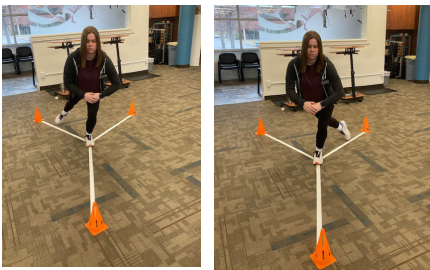
EXERCISE PHASES

Every stretch, exercise, and activity that is prescribed in physical therapy is targeted toward the athlete's personal goals. This is achieved by addressing the underlying movement impairments that ultimately inhibit the patient from achieving their goals.

PHASE 1: REDUCE ACUTE PAIN

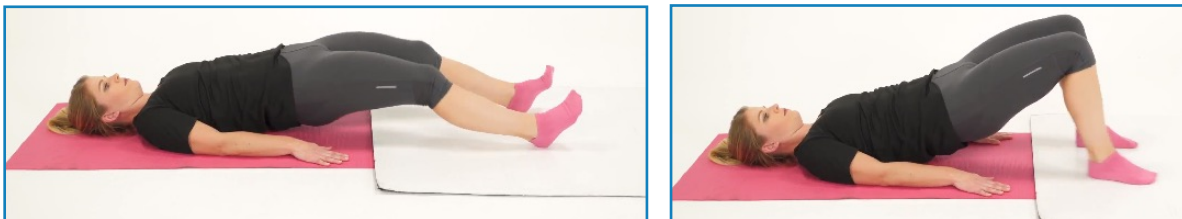


PHASE 2: INCREASE PAIN-FREE ROM AND NORMALIZE KINESTHETIC SENSE



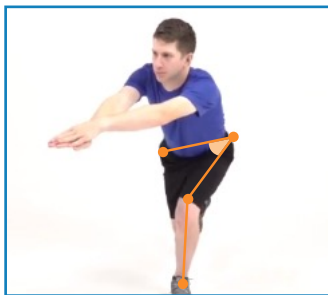
The lower quadrant y-balance test LQYBT has the patient stand on one leg while reaching out in 3 different directions with the other lower extremity. They are anterior, posteromedial and posterolateral. When using the Y-Balance test kit, the 3 reaches yield a “composite reach distance” or composite score used to predict injury. The Y-balance test is a well-researched test that can be used as an intervention for injury prevention and improving lower extremity control in dynamic activities such as soccer.

PHASE 3: DYNAMIC STRENGTHENING



Eccentric Hamstring Curl

PHASE 4: FUNCTIONAL ACTIVITIES AND SPORT SPECIFIC TRAINING



Knee Collapse | Hip Drops



Knee Collapse | Hip Drops



FREQUENTLY ASKED QUESTIONS

Q: How soon can I go back to sport?

A: This depends on a variety of factors, including the nature of the injury and how long it's been since the injury. Having an accurate diagnosis by a skilled physical therapist, along with a personalized rehab plan, can speed up the process to going back to sport and reducing the risk of re-injury. There is a plethora of research supporting PT in injury recovery and safe returns to sport.



Q: When I return to soccer, can I go back at 100%?

A: Skilled physical therapy can speed up the process to safely return to sport, while minimizing the chance for reinjury. Standard practice for ACL return to sport requires the athletes to test 90% or better on the surgical leg versus the non-surgical leg with objective testing with functional tests before they can be cleared for full participation. It will always depend on the type of injury and status of recovery in regards to the level of play you will initially return at. However, before that point you will be working-up to sport specific interventions.



Q: How likely am I to re-injure myself?

A: Many injuries, if not probably managed, have a higher risk for re-injury or may lead to other problems. Addressing the problems that led to the injury in the first place as well as the current movement dysfunctions can reduce the risk of re-injury in the future – this is the goal of Physical Therapy.



Q: Can PT help me recover faster from a sprained ankle?

A: ABSOLUTELY! Ankle sprains do not have to be a debilitating condition, lasting for many months; with the proper training and rehabilitation, ankle sprain, pain can be minimized while your confidence to use the ankle in a sports game can be increased tenfold



SCAN OR VISIT TO LEARN MORE



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Fax: (801) 262-3372

Email: slcop@mlpt.com

Address: 1153 East 3900 South, Millcreek, UT, USA