**Practical Application**

**Rehabilitation Program**

1. Consider the following individuals:
   1. A soccer player with a hamstring tear
   2. A tennis player with tendonitis of the elbow
   3. A gymnast with a fractured tibia and fibula
   4. A rugby league player with a shoulder dislocation
2. Plan a rehabilitation program for 2 of the above individuals. Consider:
   1. Appropriate initial and ongoing treatment
   2. Surgery options
   3. Progressive mobilisation, graduated exercise (stretching, conditioning and total body fitness)
   4. Length of time recommended for full recovery
3. Justify the procedures you have chosen
4. For the 2 athletes that you have chosen, design three suitable field tests or drills to gauge the athlete’s readiness to return to play
5. Evaluate the physical tests that could be used to indicate each athlete’s readiness to return to play