

# Six Tips for Safely Transitioning Back to Ball Sports

As we prepare to return to youth sports in their natural form, it is imperative that we take certain steps to make sure the transition is successful while minimizing the chance of injury. Despite extraordinary and creative efforts by athletes to stay conditioned during the stay-at-home time, nothing can truly replicate on-field/on-court training. The risk of injury is increased during this transition phase.

## Here are six tips to ensure a safe return to sports:



### Follow the 10 percent rule.

A gradual increase is essential. Increase the intensity and volume of your workouts and practices by no more than 10 percent per week. It will likely take four to six weeks to return to game readiness.



### Practice patience and positivity.

Coaches and parents need to create a supportive environment without penalizing those who may take longer to return to pre-stay-at-home status. Everyone's circumstances are different. Everyone's bodies are different, especially in developing young athletes.



### Modify training when needed.

If you feel sore or tired, modify nonessential aspects of training when possible. A few short days of modified training can go a long way in making a minor injury disappear and can prevent loss of playing time and significant injury.



### Stay healthy.

Monitor yourself for signs of illness, and stay home if you are sick. If you have any symptoms of illness, including cough, runny nose, fever, or sore throat, do not train with your team. If you feel up to it, continue to train by yourself at home while seeking care and clearance from a physician.



### Listen to your body.

Take inventory of your body, and note any areas that are tight or sore. Spend extra time on tight areas during warm-ups, and ice sore areas after training.



### Respect recovery.

Post-training recovery tools are even more important during this transition phase: cool down, stretch, ice, drink plenty of water, and eat well.

For appointments and more information, call **(844) 41-ORTHO (844-416-7846)**.

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