

INJURY MANAGEMENT PROCESS



1

REPORT AN INJURY

To your Rehabilitation Coordinator (RC) as soon as possible via email, Teams or in person, rather than at the start of HPP

2

BOOK AN ALLIED HEALTH APPOINTMENT

With MSA Physio (if available) or with an external Health Professional. Please take a Health Professional Report Form

3

TRAIN WITH INJURY

Your RC will implement any recommendations into HPP, HPC, as well as develop a rehabilitation plan

4

RETURN TO FULL TRAINING

When rehabilitation exit criteria is met and you are cleared by your treating Health Professional for unrestricted training

5

RETURN TO COMPETITION

When directed by your treating Health Professional and often based on a successful return to unrestricted training

6

RETURN TO PERFORMANCE

Continue with a performance based program to return to pre-injury performance level or higher and build resilience