

## Transition to Play (TTP) Progression Guidelines

Patient Name:  
Date of Birth:  
MR#:

DATE: \_\_\_\_\_ DURATION OF PHASE I: \_\_\_\_\_ CLINICIAN: \_\_\_\_\_

### Phase I: INTRODUCTORY PHASE

- **Completely controlled environment (in the clinic or at practice).**
- **Planned tasks completed in a specific order. Definitive beginning/end to each task.**
- **Single, discrete tasks or several discrete tasks purposefully sequenced together.**
- **Each task is performed with athlete completely rested, tasks are stopped BEFORE fatigue.**
- **All movement is done in isolation – no opposition (no defense).**
- **All activity is done at a pace that is comfortable for the individual athlete.**
- **NO SPRINTING, NO HARD CUTTING, NO CONTACT, OR LIVE PLAY.**

### Criteria to Begin Phase I:

No pain, swelling, or instability with rehabilitation exercises. Clearance from MD, PT, or ATC is required to begin transition to play phase one.

### Allowed Activity:

- Participation in team conditioning (calisthenics, dynamic warm-up, stretching, jogging, etc.)
- Stationary drills (Short distance passing, shooting, catching, throwing)
- Individual skill drills on the sideline (Stick work, ball handling, agility drills, plyometrics, footwork with and without ball, cone/box/ladder/hurdle drills)
- Planned running tasks at partial speed (pre-planned routes, deceleration, acceleration, stop and go, careful change of direction) Emphasis on straight plane linear running activity without cutting.
- Continue to improve cardiovascular endurance in preparation for return to sport.

### Team Sport Examples at this Stage:

Football, Lacrosse, Soccer, Field Hockey: Defensive drills without offense, offense set plays without defense – all controlled

Basketball: Stationary shooting, shell drills, ball handling drills.

Volleyball – Defensive drills without diving, blocking and hitting approaches without a ball, passing/pepper with a teammate.



DATE: \_\_\_\_\_ DURATION OF PHASE II: \_\_\_\_\_ CLINICIAN: \_\_\_\_\_

## PHASE II: OPEN PHASE

- Increased speed and intensity of practice, nearing game speed and intensity, may begin careful sprinting with adequate space for controlled deceleration.
- Varied environments, however still predictable. This requires the athlete to adapt to environmental changes and respond.
- Link multiple tasks together.
- Decrease rest breaks, increased time of continuous activity.
- Introduction of opposition (defense)
- Controlled cutting
- **NO GAME PLAY or FULL SPEED SCRIMMAGE**

### Criteria to Begin Phase II:

No symptoms with Phase I activity.

### Allowed Activity:

- All previous tasks from Phase I
- Shadow drills with controlled intensity
- Long distance passing and shooting
- May participate in offense with defense in play, defense with offense in play **½ speed, not live.**

### Team Sport Examples at this Stage:

Football, Lacrosse, Soccer, Field Hockey - Shooting, passing, field drills with light opposition.

Volleyball – Blocking and hitting from a set with opposition.

For full contact sports – May begin screens, blocking, and checking with teammates only.



DATE: \_\_\_\_\_ DURATION OF PHASE III: \_\_\_\_\_ CLINICIAN: \_\_\_\_\_

### PHASE III: RANDOM PHASE

- Tasks performed randomly.
- Athlete should attempt all required sport activities at full speed.
- Random environments and random sequence of tasks.
- Begin LIVE PLAY.
- NO FULL COMPETITION OR GAME PLAY yet.

#### Criteria to Begin Phase III:

Pass return to play testing or receive clearance from MD.

#### Allowed Activity:

- May complete all tasks from Phase I and II.
- Small sided live play games (2 v 2, 4 v 4, half court).
- Begin scrimmaging with limited playing time and increasing gradually as tolerated.
  - Begin with “friendly” scrimmages with teammates.
  - Progress to full field/full court games at full speed toward the end of this phase.

#### Team Sport Examples at this Stage:

Soccer - Introduce slide tackling, should introduce “lead up to” drills before trying against opponents, can add corner kicks and free kicks

Football, Lacrosse - Full participation in team, position, and contact drills.

Volleyball –May begin diving and sliding on the knee.



DATE: \_\_\_\_\_

CLINICIAN SIGNATURE: \_\_\_\_\_

#### **PHASE IV: FULL RETURN TO PARTICIPATION**

Athlete is cleared for full participation in all sport activities once they have completed each phase and participate at full speed without:

- Pain or Swelling
- Hesitation or apprehension
- Limitation or restriction

Multi-sport athletes may be cleared for return to a lower-risk sport before for another higher-risk sport.

