



# Return to play after infectious disease

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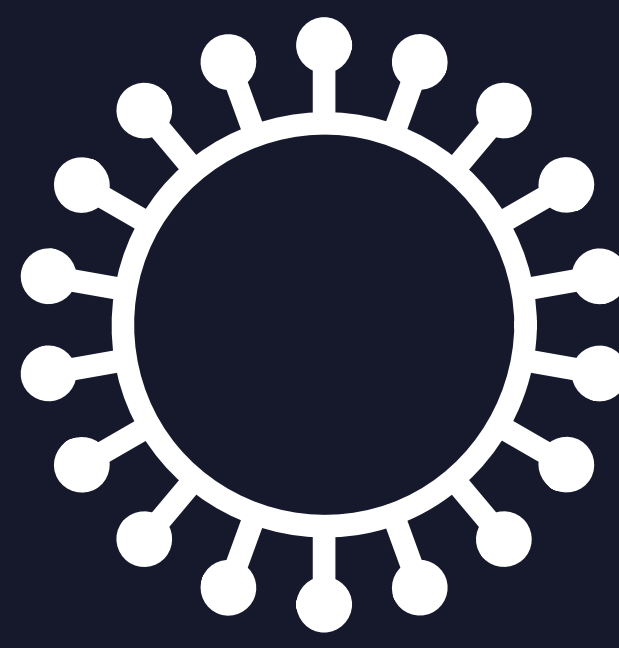
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**Acute infectious diseases are common in athletes and can impair their ability to train and to compete. Continuing exercise during infectious diseases may lead to prolongation or aggravation of illness with severe acute or chronic organ manifestations.**

Therefore, even simple infectious diseases require a sufficient period of convalescence and recovery. Especially in professional football with high pressures on players, staff and clubs, the return-to-play decision is of utmost significance.



This presentation aims to give a short overview on **return-to-play decisions** after common acute infectious diseases in football players.



## Take home messages

1



### Return-to-play decisions

after **acute infectious diseases** in football players warrant **thorough monitoring** of the disease course.

2

If possible, measurements of **blood parameters of inflammation** (especially in professional players) should be included.



3

It should be taken into account if the player returns to **training or to competition**.

