



RTP in practice: The early stage

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A correct prognosis (estimation of RTP) allows to set up an effective rehabilitation path



Coping with the **first days after** a sports injury is **key**

RTP progression and **preparing** for on-field rehabilitation



Take home messages

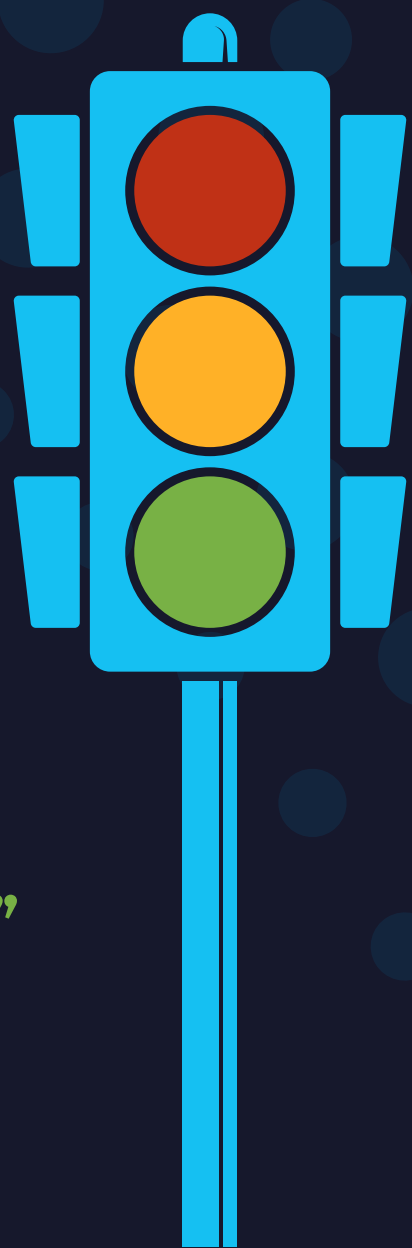
1

Avoid working in a hurry, make a **correct prognosis**



2

Respect the old and **still valid "POLICE rules"** to **safely pass the traffic lights** (criteria) of the early stage



3

The focus of the **first stages** is **preparing** for on-field rehabilitation



References
Buckthorpe M, Gokeler A, Herrington L, Hughes M, Grassi A, Wadey R, Patterson S, Compagnin A, La Rosa G, Della Villa F. Optimising the Early-Stage Rehabilitation Process Post-ACL Reconstruction. Sports Med. 2024 Jan;54(1):49-72.
Bleakley CM, Glasgow P, MacAuley DC. PRICE needs updating, should we call the POLICE? Br J Sports Med. 2012 Mar;46(4):220-1.

