



Return-to-Sport Readiness Checklist for Youth Athletes

Physical Recovery

- ☐ Pain-free during daily activities and sport-specific movements
- ☐ Full range of motion restored in the injured area
- ☐ Strength is at least 90% of the uninjured side
- ☐ Swelling is minimal or completely resolved
- ☐ Cleared by a healthcare professional (PT, MD, or ATC)

Functional Performance

- ☐ Can sprint, jump, and change direction without pain or hesitation
- ☐ Completed sport-specific drills at game intensity
- ☐ Passed functional movement tests (e.g., Y-Balance, hop tests, agility drills)
- ☐ Maintains proper form under fatigue
- ☐ Demonstrates coordination and control during dynamic movements

Mental & Emotional Readiness

- ☐ Expresses confidence in their body and ability to perform
- ☐ Shows no fear or hesitation during practice or drills
- ☐ Understands their injury and how to manage it moving forward
- ☐ Motivated and mentally focused during training
- ☐ Comfortable with the idea of full competition

Injury Prevention & Support

- ☐ Has a personalized warm-up and recovery routine
- ☐ Knows key exercises to maintain strength and mobility
- ☐ Has access to ongoing support (PT, coach, parent)
- ☐ Understands how to recognize early signs of overload or re-injury
- ☐ Follows a gradual return-to-play plan

Final Check

- ☐ Athlete, parent, and provider agree on readiness
- ☐ Return-to-play plan is documented and communicated
- ☐ Goals for next phase (performance, conditioning, etc.) are clearly defined