



RETURN 2 SPORTS PROGRAM

The **Return 2 Sports** program at 5 Star Sports Performance bridges the gap between therapy and getting athletes back on the court or playing field, while improving performance and quality of life.

While traditional therapy focuses on functional and everyday movements, R2S takes it a step further by focusing on rebuilding a strong foundation for sports-specific movements. Through R2S therapy, function, strength and endurance are restored, allowing athletes to be retrained on movements common to their sports, elevating confidence and acclimating them back into the game.

**“GETTING THE ATHLETE BACK IN THE ENVIRONMENT IS OUR NUMBER ONE GOAL,
BOTH PHYSICALLY AND PSYCHOLOGICALLY.”**

– RJ, Sports Performance Specialist

R2S therapy is the extra step in recovery for athletes of all ages and levels. Following surgery and therapy, athletes are introduced to the R2S program where a certified **Sports Performance Specialist** helps identify goals, turning their weaknesses into strengths. The mind-body connection is critical when instilling confidence in an athlete and getting back to the competitive level he or she was at before—and sometimes even excelling past that. Education and reducing risks of re-injury are also a fundamental and key aspect to the program.

Once goals are set, athletes begin the training process. From **balance, stability and endurance** to **strength, flexibility and coordination**, our SPS work to restore the athlete's strengths and abilities both physically and mentally.

Through repetition and attainable goals, athletes have an improved confidence and quality of life. The fear of getting back on the field subsides as athletes practice the movements and skills – cuts, jumps, shuffles, and more – that replicate sport-specific movements to recreate the playing field for competition. This **improves performance** and **athletic potential** while **reducing the risk of re-injury**.

Comparing recovery time with and without the R2S program, one athlete said, “I will keep training even after I'm cleared. It's a lifestyle and a piece of the recovery,” noting the difference in her strength after having two surgeries on the same knee.

Our SPS work with the athlete, parents, coaches, therapists and doctors to ensure everyone is educated and up to speed during the recovery process. Following the program, athletes are ready to get off the sidelines and back on the field **ready to compete at the level at or above the level prior to injury**.

The timeframe for the R2S program differs per person and injury. For more information on Return 2 Sports, please visit www.HealthplexPerformance.com or call (601) 856-7757.