

# Return-to-Play $\neq$ Return-to-Form

Database Study of 2,335 Footballers

*Return-to-Play and Performance Recovery in European Footballers: Are Players Truly Back to Form?*

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# Presenter Relationship Disclosure

**Presenter Name:** Varun Jain

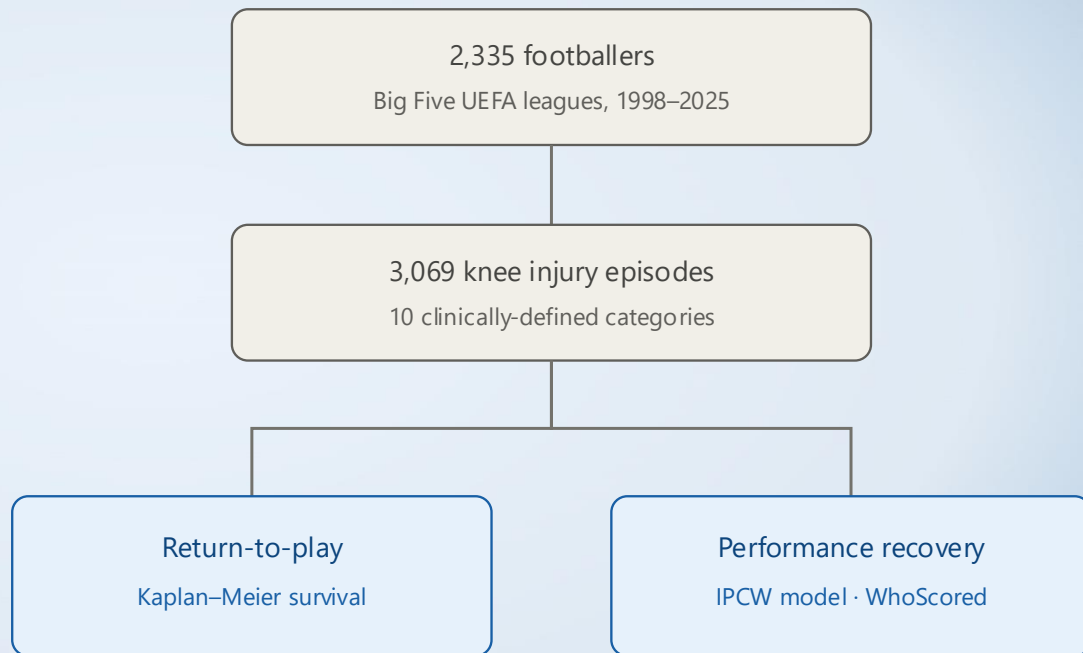
## **Relationships with financial sponsors in the past two years:**

- Any direct financial relationships including receipt of honoraria: N/A
- Funded grants or clinical trials: N/A
- Memberships on advisory boards or speakers' bureau: N/A
- Patents for drugs or devices: N/A
- Other: N/A

**Any other Financial Disclosures:** No Disclosures

# Background & Methods

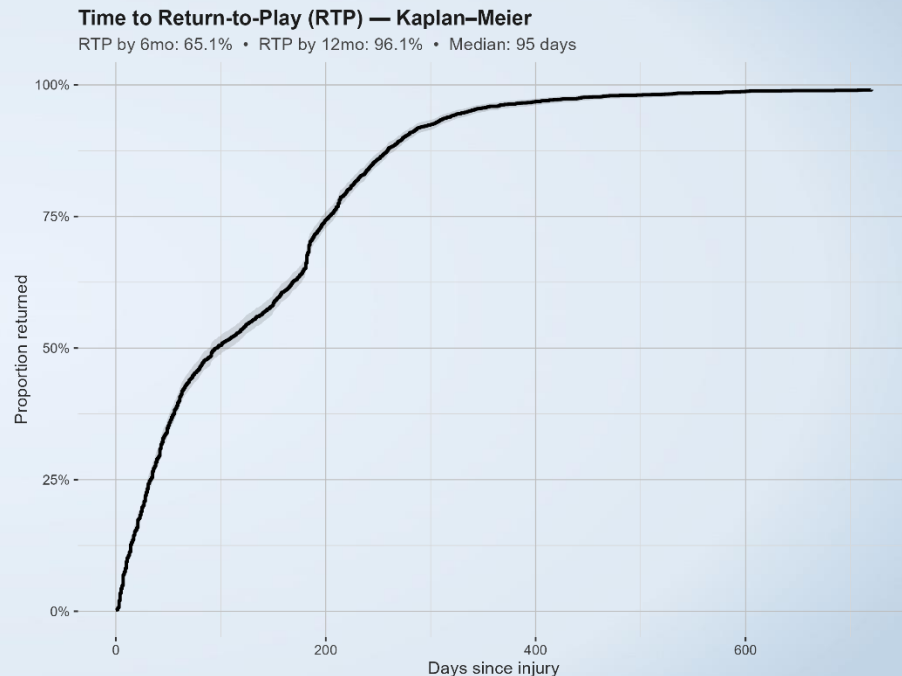
- Knee injuries are among the most common and career-impacting injuries in professional football
- RTP timelines are well-documented, but whether players regain their pre-injury performance remains largely unstudied



Two parallel outcome analyses

# Results

- Median return: **95 days**
- **65%** returned by 6 months
- **96%** returned by 12 months
- Slowest-recovering injuries:
  - Cruciate ligament tears
  - Chondral and osteochondral injuries
  - Patellar tendon rupture
- RTP did not differ by playing position (all positions  $\approx$ 65% at 6mo,  $\approx$ 96% at 12mo)



# Results & Clinical Implications

- RTP did **not** equal return-to-form:
  - Performance remained **0.10 pts (0.26 SD)** below baseline after 2 yrs
- Counsel players (and clubs): clinical recovery does not guarantee performance recovery

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Scan to view Detailed Results and Individual Player Data

