

Athletic Injuries/Return to Play or Practice

Every effort should be made to provide for the health and well-being of student athletes. Returning an athlete to a playing situation or practice too soon after injury may cause further injury and even permanent damage. On the other hand, remaining inactive for long periods of time and allowing the muscles to atrophy and cardiovascular endurance to diminish can also increase the risk for further injury on return to play. A carefully administered rehabilitation program will aid in the recovery from athletic injuries.

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