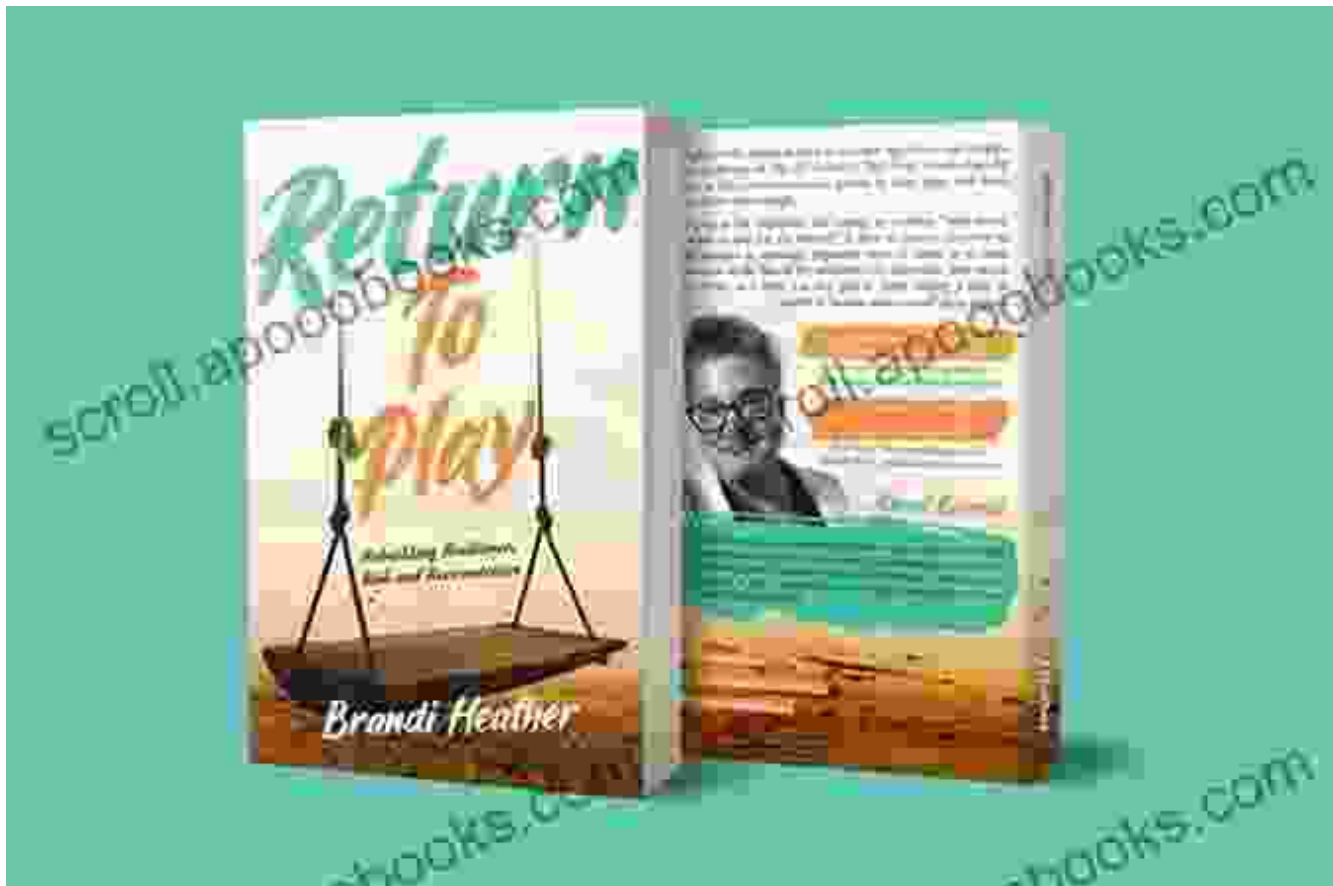


Return to Play: Rebuilding Resilience, Risk, and Reconnection



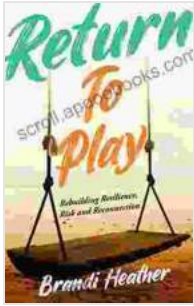
About the Book

Return to Play: Rebuilding Resilience, Risk, and Reconnection is a comprehensive guide for athletes, coaches, parents, and medical professionals on how to safely and effectively return to play after an injury or illness. The book covers a wide range of topics, including:

Return To Play: Rebuilding Resilience, Risk and Reconnection by Brandi Heather

★★★★★ 5 out of 5

Language : English



File size	: 4379 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 150 pages
Lending	: Enabled



- The physical and psychological challenges of returning to play
- How to assess risk and develop a safe return-to-play plan
- The importance of communication and collaboration between athletes, coaches, parents, and medical professionals
- How to rebuild resilience and confidence
- The role of support networks in the return-to-play process

Why Read This Book?

If you are an athlete, coach, parent, or medical professional involved in the return-to-play process, this book is an essential resource. *Return to Play* provides the latest evidence-based information on how to safely and effectively return to play after an injury or illness. The book is also full of practical tips and advice from experts in the field.

Return to Play is a must-read for anyone who wants to help athletes recover from injury and return to their sport at their best.

Author Bios

Dr. Michael J. Stuart is a sports psychologist and the Director of the Sport Psychology Program at the University of North Carolina at Chapel Hill. He is a leading expert in the field of return to play and has worked with athletes of all levels, from youth sports to the Olympics.

Dr. Lyle J. Micheli is a sports medicine physician and the Director of the Sports Medicine Center at Boston Children's Hospital. He is a world-renowned expert in the field of sports medicine and has authored over 500 scientific papers and book chapters.

Reviews

"*Return to Play* is an essential resource for anyone involved in the return-to-play process. The book is full of evidence-based information and practical tips from experts in the field. I highly recommend this book to athletes, coaches, parents, and medical professionals." - **Dr. Jordan D. Metzl, author of *The Athlete's Book of Home Remedies***

"*Return to Play* is a must-read for anyone who wants to help athletes recover from injury and return to their sport at their best. The book is full of practical tips and advice from experts in the field. I highly recommend this book to coaches, parents, and medical professionals." - **Dawn Scott, Head Coach of the U.S. Women's National Softball Team**

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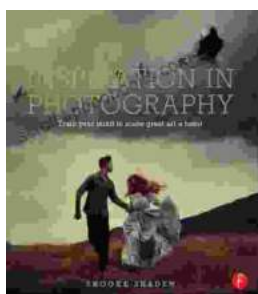
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