

# Rapid Chronicle

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In this segment, "Rapid Chronicle", we present the latest developments, insights, and highlights from the dynamic realm of Rapid Sport Fitness. Where Training Meets Performance!

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# ATHLETES SHOWCASE

## ATHLETE SPOTLIGHT



### SHARMADA BALU

TRAINED BY COACH CHELSTON

"The tournament was extraordinary, offering an impeccable experience of playing on international soil. The way everything was conducted was amazing, and interacting with players from different countries provided invaluable exposure. I learned their training methods, and the experience of playing on such a course was one of a kind. Representing my country was a new responsibility, and I'm glad that as a team, we performed well and won the team championship of the Asian Junior Masters. Individually, it wasn't my best performance, but it was definitely a great learning experience. Onwards and upwards. My preparation for this tournament,



### SIRI

TRAINED BY COACH IYAPPAN



# RETURN TO PLAY DECISION MAKING

- SHRUTI NAIR



In today's standards "Passing" discharge criteria means ALL of the following criteria are met:

## - >90% LSI on Peak Quads and Hamstrings strength

Achieving >90% symmetry in the quadriceps and hamstrings ensures that the strength deficit between the two legs is minimal. This is crucial because muscle strength, especially in the quadriceps and hamstrings, is vital for knee stability and function. Weakness in these muscles can lead to compensatory movement patterns, increased stress on the knee joint, and a higher risk of re-injury.

## - >90% LSI on Single, Triple and Crossover S/L hop test

Hop tests assess the functional performance of the leg. They evaluate the athlete's ability to generate power, absorb impact, and maintain balance and control during dynamic movements. A >90% LSI indicates that the injured leg can perform at a level comparable to the uninjured leg, suggesting adequate recovery of functional abilities necessary for sport-specific movements.

## - >90% LSI Single leg Counter movement Jump

The single leg counter movement jump test assesses explosive power, coordination, and balance. Achieving >90% symmetry indicates that the injured leg has regained sufficient power and control, reducing the risk of asymmetrical loading and potential injury during high-impact activities common in sports.

## - Clearing the ACL - RSI psychological readiness scale.

The ACL Return to Sport after Injury (RSI) scale measures the athlete's psychological readiness to return to sport. Psychological factors such as fear of re-injury, confidence in the knee's stability, and overall mental readiness play a critical role in successful return to sport. Clearing this criterion ensures that the athlete is mentally prepared to handle the demands and risks associated with returning to their sport.

(NB: FAIL was considered if just one of these tests was not met)



# RETURN TO PLAY DECISION MAKING

- SHRUTI NAIR

For most athletes with an ACL reconstruction, their first game can't come soon enough! However, in their quest to get back to sport at a rapid rate, corners are often cut and quality of rehab frequently suffers.

This real issue has been shown previously in research by Toole et al (2017) and Welling et al (2018) who showed that only 11-14% of non-elite athletes respectively passed all discharge criteria by at least 8-9 months post-op ACLR. To strengthen this body of research, a similar trend was seen in a group of ACLR patients here in Perth, Western Australia (Edwards et al., 2018).

The authors recently followed-up with 113 non-elite ACLR patients (75 males, 38 Females) at an average of 12 months post-op and found some very concerning things.

Here are some of their key findings:

- 63% of the 113 returned back to pre-injury level of sport; which is consistent with previous research by Ardern et al (2011).

- 50% of those who returned to sport were considered to have conducted "incomplete rehab".  
Note: "Complete" rehab was defined as meeting current best practice guidelines of supervised rehab for at least 6 months that included hopping, agility and landing exercises; followed by either independent or supervised return to sport.

- Those that conducted "Complete" rehab were 10x more likely to pass discharge criteria, and were 8x more likely to RTS

- Those that returned to sport, only 23% passed all discharge criteria.





# RETURN TO PLAY DECISION MAKING

- SHRUTI NAIR

So as you can see, pretty alarming statistics from a typical group of ACLR patients that we all might come across in our daily practice.

The biggest concern however is that with over 75% of ACLR patients returning back to high risk cutting/pivoting sports WITHOUT passing discharge criteria, it significantly increases their risk of graft re-injury or an ACL injury to their other limb.

This was shown in a recent paper on professional male soccer players who were shown to have a 4x greater risk of ACL re-injury when they returned to sport without passing all discharge criteria (Kyritsis et al, 2016).

To lower the risk of re-injury and increase the likelihood of returning to pre-injury sports levels after ACL reconstruction (ACLR), patients should follow a structured rehabilitation program that includes strength training, balance exercises, and functional sports-specific drills. It's essential to focus on building strength in the muscles around the knee, particularly the quadriceps and hamstrings, to support the joint and improve stability.

Improving neuromuscular control through exercises that enhance proprioception and coordination is also critical. Working with a physical therapist to identify and correct any biomechanical issues or improper movement patterns can help reduce the risk of injury.

A gradual and carefully monitored return-to-sport protocol should be followed, ensuring the patient meets specific milestones and criteria before resuming full sports activities. Maintaining a healthy weight is important to reduce unnecessary stress on the knee joint, and using appropriate equipment, such as proper footwear and knee braces if necessary, can provide additional support.

Staying educated and informed about injury prevention strategies and keeping up with the latest research and guidelines for ACL rehabilitation and prevention can further help patients in their recovery journey.

# SPORTIVE REFLECTIONS

- CHELSTON PINTO



## #ICC MEN'S T20 WC THOUGHTS

A note from Chelston Pinto  
- Head Coach RSF

29th June 2024, a day etched in the memory of a billion people. This feels personal; it's what we have craved since the great MSD made us all believe in 2007.

We got so close in the last few attempts, and the frustration kept growing every single time. It's these losses that make this victory so sweet, so emotional, so impactful! Fifteen of our men gave it their all and left no stone unturned.

The cries of these men touched us all, and the emotions from our coach pumped us up. At the end of the day, we all realized that they are human after all. Every time the game was slipping away, we had one of our own fighting with calmness to pull things back. The pressure of that catch from SKY, the fearless batting, the outstanding bowling, the leadership on display, and so many more memories will live on.



# SPORTIVE REFLECTIONS

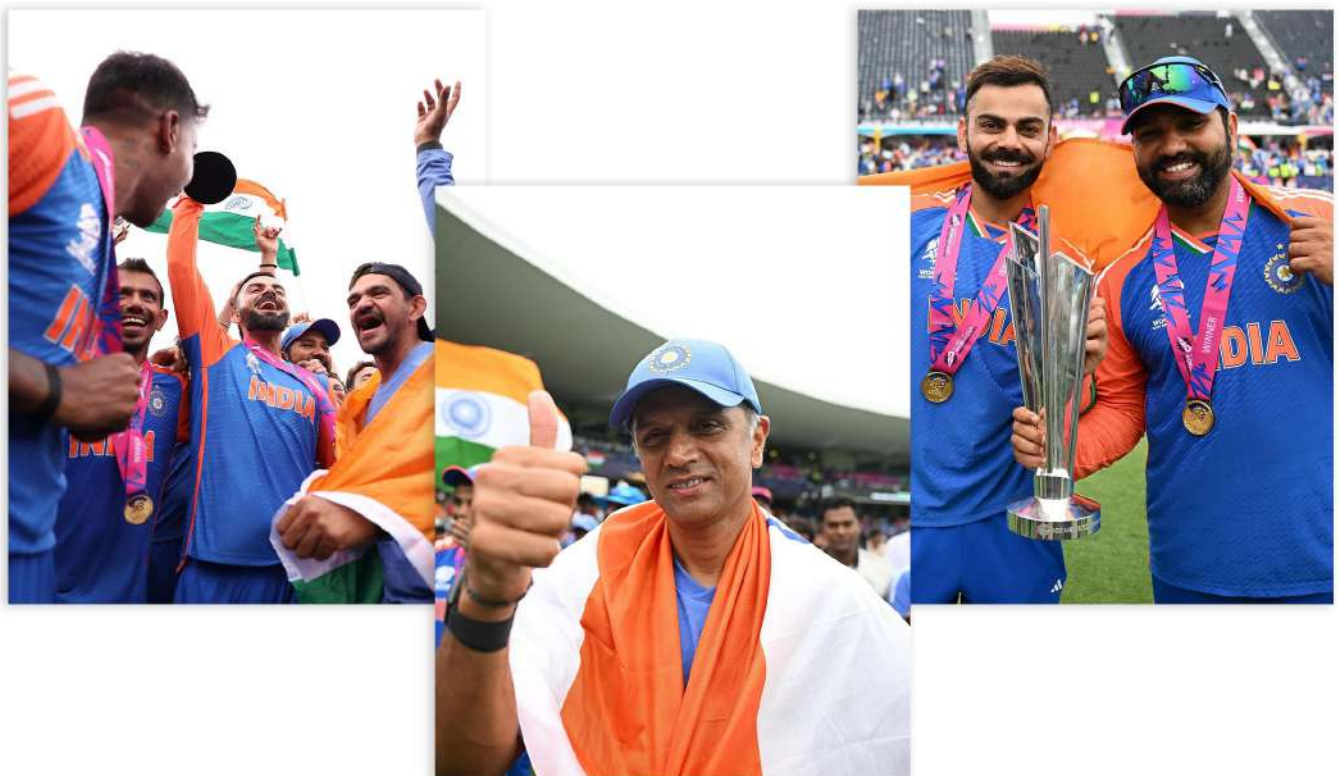
- CHELSTON PINTO

The team wasn't just those 11 on the pitch; the extra players received equal recognition from the support staff for working hard behind the scenes. The staff and management put on an outstanding show, which often goes unnoticed

These men, and many more who were not selected, carry the weight of the nation on their shoulders. When they win, they win for a billion of us. When they don't, they are isolated, bashed up, and questioned. When they win, they share the joy with the country, and when they don't, they silently bottle it all up because that's what sportsmen do..

But at the end of the day, this is sports. It unites a nation like nothing else. The joy, the happiness, and the unity it brings second to none. Here's to many more victories together; along the way, there will be losses, but rest assured the effort stays consistent and the will to win never dies. Looking forward to a billion people getting behind our athletes from our nation who will compete in the Paris Olympics in a month's time after years of hard work to showcase their talent to the world!

Jai Hind







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