

A CHECKLIST FOR THE PARENT

HOW TO USE THIS CHECKLIST

Note! The checklist is based on the assumption that the athlete is motivated to return to sport but if this isn't the case then reconsider the role of the coach in the rehabilitation process.

1	<p>Discuss all the topics together with the athlete. The athlete should have a discussion of each topic with all persons marked with X or do it together with the parent – which one suits the best for the athlete? Discussion with the persons marked with a question mark could also be beneficial.</p>
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2 Evaluate the situation 1–2 times a month and consider new discussions if needed, even more often than twice a month. Discuss the topics regularly with the athlete and listen to the athlete’s feelings carefully.

3 Ask for help and support without hesitation. Usually open conversation clarifies things well. Long-term rehabilitation time can be very challenging for the athlete and their close ones.

!	The topics marked with yellow are primarily the parent's responsibility to discuss with the significant adults. However, discuss the topics with the athlete as well and ask their opinion on having a joint meeting with the significant adults.	
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THE IMPORTANT QUESTIONS FOR THE REHABILITATION TIME OF AN ADOLESCENT ATHLETE IN TEAM SPORTS

Coach
Physiotherapist
Doctor
School
Team & Friends
Psychologist
Other professional?

What is the athlete's response to injury? Does the athlete have a strong motivation to return to sport, or were there lack of motivation in sport already before the injury? Is the athlete feeling sad, anguished or even relieved? Is the sport the only meaningful thing in the athlete's life? Could the rehabilitation time be a great opportunity to focus on other important things and hobbies?

?	X	?	?	?	?	
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What can and cannot the athlete do at the moment? Is the plan for the rehabilitation time clear for the athlete and the parent? How will the injury affect other hobbies, school participation and everyday life?

X	X	X	X	X		?
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What other skills could be developed during the rehabilitation time? Technical, tactical, psychological and physical skills? Team tasks with social and cognitive elements e.g. match filming & making clips, game situation analyzes, team event planning, etc.? Could school assignments be utilized in processing and reflecting the thoughts and themes of the rehabilitation time?

X	X		?	?	?	
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How will the athlete be involved with the team during different phases of rehabilitation? What tasks could the athlete have? E.g. assistant coaching, planning training sessions or set pieces with the coach or teammates?

X	X			?	
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In what ways the athlete and coach keep in touch during the rehabilitation time? How often should they talk during different phases of rehabilitation?

X				
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Psychological support and peer support, could it help? Where can more information on different options of support be found? Is there a need for school or sports psychologist's support? Is the athlete feeling isolated from the team during the rehabilitation and/or having a fear of reinjury after returning to sport?

?	X	?	?	?	?	?
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Physiotherapist visiting the team practices, yes or no? Will it happen in the early phase of rehabilitation, just before the return-to-sport phase or after it? Will the physiotherapist plan the load monitoring together with the coach?

X	X				
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What are the responsibility areas of significant adults? Who has the overall responsibility of the rehabilitation process?

X	X	X	?		?	?
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Joint meeting with the significant adults? Who will be the organizer? Will it be a face-to-face meeting or a virtual meeting? What is the athlete's opinion and thoughts about the possible joint meeting with the significant adults?

X	X	?	?		?	?
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X = important to have a discussion with these people about the topic

? = could be beneficial to have a discussion with these people about the topic

More information: Partanen & Pousi 2021,
*Aiming for Holistic Rehabilitation of Adolescent
Athlete in Team Sports*