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Autore	Bisciotti Gian Nicola <1959->
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Return to training (RTT) and return to play (RTP) decisions making process in football are currently based on expert's opinion. However, there are no consensus guidelines on evidence-based decision-making. This book provides a framework for evidence-based decision-making both in RTT and RTP following lower-limb muscle injuries sustained in football. Based on the "Italian Consensus Conference (2019) on return-to-play after lower limb muscle injury in football", it provides a list of RTT and RTP criteria after such injuries compiled by orthopedic surgeons, sports physicians, radiologists, rehabilitation physicians, sport physiologists, general surgeons, family physicians, physiotherapists, physical trainers and psychologists working in elite football in Italy. The book identifies the main criteria for RTT and RTP following injuries involving the most important muscle groups, i.e. quadriceps, hamstring, hip adductor, hip external rotator, iliopsoas and soleus-gastrocnemius. Assuch it is a valuable reference resource for practitioners making RTT and RTP decisions making process.
