



# ***STEPS TO TAKE IF YOU INCUR A SERIOUS INJURY***

**1**

## ***Establish Contact with Vivo Cura Health***

- Begin your recovery journey by [clicking this link](#) to connect with **Vivo Cura**. Their specialized team will guide you through the medical clearance process and provide expert rehabilitation services tailored to your needs.

**2**

## ***Obtain Medical Clearance***

- Schedule an assessment with a **licensed Physiotherapist** or **Sports Medical Doctor** through Vivo Cura or your healthcare provider.
- Obtain a **Return-To-Play clearance letter** confirming your readiness to start soccer-specific training.

**3**

## ***Submit Your Clearance Letter***

- Provide your clearance letter to your coach or team staff **before** resuming any on-field training.

**4**

## ***Connect with Sports Science Staff***

- Contact the **Calgary Foothills Sports Science team** for a tailored recovery and progression plan.
- This plan will address your injury history, fitness level, and soccer-specific demands.

**5**

## ***Follow a Gradual Reintroduction Plan***

### **Phase 1: Pre-training Preparation**

- Focus on mobility, activation, and dynamic warm-ups using our Pre-Activation Routine.

### **Phase 2: Controlled Return to Movement**

- Gradually re-introduce sports-specific actions like ball striking, sprinting, and cutting under supervision.
- Monitor for discomfort or warning signs, adjusting intensity as needed.

### **Phase 3: Full Training Participation**

- Begin participating in team sessions at reduced intensity gradually building up to match speed over several weeks.

**6**

## ***Maintain Communication***

- Stay in contact with your therapist, Foothills Sports Science Staff, and coaches to monitor progress and make necessary adjustments.