



INJURY RETURN: 3-STEP GUIDE

CALGARY FOOTHILLS SOCCER CLUB / VIVO CURA PARTNERSHIP

1.

1. MEDICAL CLEARANCE



- ✓ Contact Vivo Cura (or healthcare provider).
- ✓ Get assessed by a physiotherapist or sports doctor.
- ✓ Obtain a Return-To-Play clearance letter.

2.

2. SUBMIT & CONNECT



- ✓ Give the clearance letter to your coach/staff before returning to training.
- ✓ Connect with Foothills Sports Science team to build recovery plan.

3.

3. GRADUAL RETURN



- ✓ Follow reintroduction plan (mobility → controlled movement → full training.)
- ✓ Stay in communication with therapist, Sports Science staff, and coaches.

BENEFITS FOR FOOTHILLS MEMBERS

-  **FASTER ACCESS AND REDUCED DELAYS:** Direct routes to sports-medicine physicians, physios, and athletic therapists.
-  **INTEGRATED REHAB AND INDIVIDUALIZED HEALTH MANAGEMENT:** Vivo Cura works directly with Foothills, ensuring clear communication, consistent rehab plans, and safer, more reliable return-to-play.