Return-to-Play



The Return-to-Play (RTP) Evaluation is for patients recovering from anterior cruciate ligament (ACL) reconstruction. The evidence-based testing will determine readiness for return to sport.

The RTP Evaluation will utilize objective strength testing, functional performance assessments, movement analysis, and patient-reported outcome measures to support clinical decision-making and improve patient confidence.

PREMIER ORTHOPAEDICS

PHILADELPHIA HAND TO SHOULDER CENTER

If additional Physical Therapy is recommended, we offer:

- **Objective & Functional Testing:**
  Measures strength, power, agility, and movement mechanics to identify ongoing deficit risks.
- **Return-to-Sport Drills:**
  Re-creates the exact physical demands, speed, and changing directions required by your specific sport.
- **Psychological Readiness:**
  Addresses athlete confidence, motivation, and hesitation or fear of re-injury.

Cost & Coverage:

We will first attempt to bill your insurance provider. Most insurance plans cover structured physical therapy if deemed medically necessary. Out of pockets costs: $175 for Return-to-Play evaluation, and $75 for follow-up sessions if needed.

PREMIER ORTHOPAEDICS

PHILADELPHIA HAND TO SHOULDER CENTER

Premier Orthopaedics and Philadelphia Hand to Shoulder Center offer RTP evaluations in their following locations: Aston, Collegeville, East Norriton, Exton, Folsom, Glen Mills, Kennett Square, King of Prussia, Lionville, Newtown Square, Paoli, Pottstown and West Chester

Call 1.855.ORTHO24 or visit premierortho.com

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