

A reflection on advanced football medicine and performance rehabilitation strategies

DATE

9 June 2026

PROVIDER

Sports Rehabilitation Expo 2026

STUDY TIME

21h

REFLECTIVE STRUCTURE

Rolfe

LEARNING ACTIVITY TYPE

Formal / Educational

WHAT?

I recently undertook a comprehensive three-day professional development event, the Football Medicine & Performance Conference. This conference provided a deep dive into current best practices through a blend of keynote lectures, interactive panel discussions, and practical, hands-on sessions. The specific areas of focus included the nuanced rehabilitation of hamstring and anterior cruciate ligament (ACL) injuries, alongside critical aspects of concussion management and the application of data analytics for proactive injury prevention within the sport.

My engagement with the material was multifaceted, encompassing theoretical knowledge acquisition and the observation of practical application. I particularly focused on the sessions detailing return-to-play criteria, where expert insights and evidence-based presentations illuminated the complexities of safely guiding athletes back to competition following injury.

SO WHAT?

This conference has significantly refined my understanding of rehabilitation principles, particularly concerning hamstring injuries. I now recognise that a standardised, one-size-fits-all approach is insufficient. Instead, individualised assessment, tailored progression, and consideration of specific injury mechanisms and athlete profiles are paramount for optimal outcomes. The emphasis on moving beyond generic protocols towards personalised care has been a key takeaway.

Furthermore, my perspective on return-to-play criteria has evolved considerably. The discussions underscored the limitations of relying solely on objective measures and highlighted the critical importance of integrating subjective athlete feedback and comprehensive functional testing. This has reinforced the necessity of a more holistic, athlete-centred approach in clinical decision-making, ensuring that readiness for return to play is robustly assessed.

NOW WHAT?

Moving forward, I am committed to integrating the latest evidence-based techniques for hamstring injury rehabilitation into my clinical practice. This will involve prioritising progressive loading strategies and refining functional return-to-play criteria, with a view to monitoring patient outcomes for improvements in recovery times and a reduction in re-injury rates.

I also intend to explore and implement data-informed injury prevention strategies more effectively. My aim is to leverage performance data to identify athletes at higher risk and develop targeted prevention programmes, thereby contributing to a reduction in the incidence of common football-related injuries. To foster a collaborative approach to best practice, I plan to share key learnings on hamstring and ACL rehabilitation with my physiotherapy colleagues, ensuring a consistent and high standard of care across our team.

PROFESSIONAL STANDARDS MAPPING

Change their practice as needed to take account of new developments, technologies and changing contexts

I have actively sought to update my practice by attending a conference focused on current developments in football medicine and performance, demonstrating a commitment to incorporating new knowledge.

Critically evaluate research and other evidence to inform their own practice

The reflection process involved critically evaluating the information presented at the conference, particularly regarding return-to-play criteria and hamstring rehabilitation, to inform my future clinical decisions.

Engage in evidence-based practice

My intention to integrate updated protocols and monitor patient outcomes directly reflects an engagement with evidence-based practice and a commitment to evaluating its effectiveness.