CORE1INC

RECOVER. REBUILD. PERFORM.

RETURN-TO-SPORT TESTING

DON’T GUESS.
MEASURE READINESS.

FOR ATHLETES, FAMILIES + REFERRING PROVIDERS

YOUR NEXT STEP STARTS WITH ANSWERS.

Whether you’re receiving care at Core1 or completing rehabilitation elsewhere, our testing helps identify your progress, remaining gaps, and priorities for returning to sport.

A COMPLETE PICTURE OF READINESS.

Assessments are selected for the athlete’s injury, stage of recovery, and sport.

STRENGTH + SYMMETRY

Strength and meaningful differences between sides.

POWER

The ability to generate force quickly.

JUMP + LAND

Jumping ability, landing control, and how the athlete absorbs impact.

RUN + DECELERATE

Speed progression and slowing down under control.

CHANGE DIRECTION

Cutting mechanics, control, and the ability to handle athletic movement.

CONFIDENCE + SPORT DEMANDS

Confidence in movement and the demands of the athlete’s sport, position, and level.

KNOW WHAT’S READY. KNOW WHAT’S NEXT.

Core1 explains the findings, identifies remaining gaps, and recommends rehabilitation or training priorities. Results can support communication with your physician or surgeon and help guide retesting when appropriate.

Testing supports clinical and performance decisions. It does not replace medical clearance or the guidance of your physician or surgeon.

ASK ABOUT RETURN-TO-SPORT TESTING.

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