

Upper Extremity Return to Sports Evaluation

at NYU Langone health



Contact Us

Call us at 646-501-7109 or email sportsperformancecenter@nyulangone.org to schedule an appointment.

NYU Langone

Orthopedic Center

333 East 38th Street, 5th Floor
New York, NY 10016

Return to Sports Evaluation After Upper Extremity Injury

Designed to advise recreational and competitive athletes if they are ready to return to sports following their completion of rehab for an upper extremity injury.

Customized Program

This comprehensive evaluation includes the following assessments:

- **WRIST, ELBOW AND SHOULDER MOBILITY**
- **DYNAMIC STABILITY**
- **UPPER BODY STRENGTH**
- **FUNCTIONAL PERFORMANCE**

Personalized Final Report

You receive a 30-minute review of any deficits and a periodized exercise program tailored to your needs. We share our findings with your physician to help them determine your readiness to return to sports.

Our Team

Our clinicians possess advanced degrees, specialty certifications, and unique expertise in upper extremity sports injuries and return to sports. Team member certifications include:

- Board Certified Specialist in Sports Physical Therapy (SCS)
- Board Certified Specialist in Orthopaedic Physical Therapy (OCS)
- Registered Clinical Exercise Physiologist (RCEP)
- Certified Strength and Conditioning Specialist (CSCS)
- Specialized Occupational Therapists