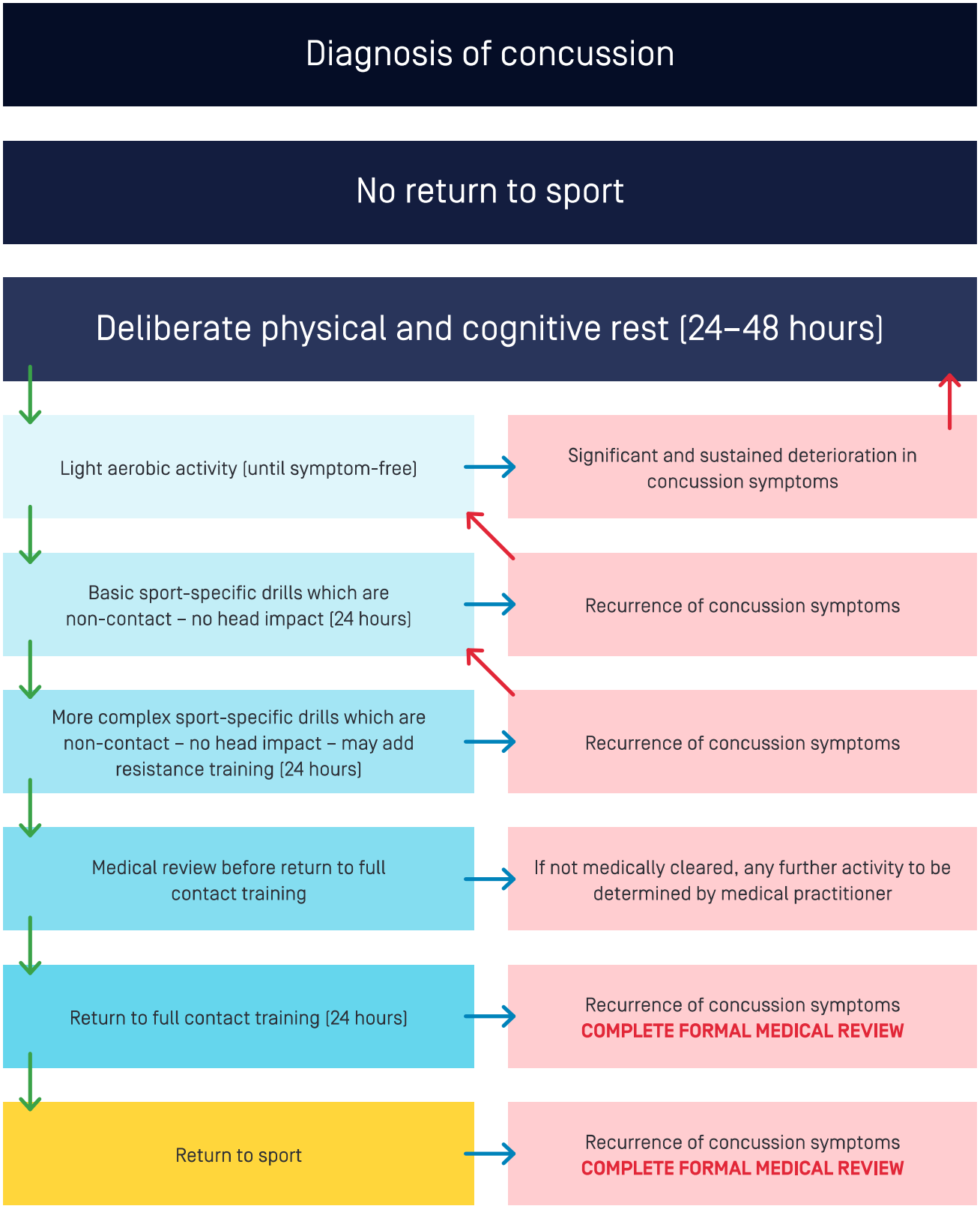Diagram 1: Return to Sport Protocol for adults over 18 years of age