



ART OF COACHING PODCAST™ EPISODE 46 JULIE EIBENSTEINER: ACL'S AND RETURN TO PLAY PROTOCOLS

What is your primary take-away from this episode, and why was this important to you?

Julie discusses the challenges of insurance-based rehab limitations to effectively rehabilitate her athletes; specifically, the limited amount of time to develop relationships and trust during consults/follow-ups.

Describe a situation where you had a limited amount of time with your athletes. What are 3 strategies you use to build trust?

Julie mentions the huge gaps in return to play practices among ACL rehabilitation protocols. She talks about the importance of having individual objective measures and importance of physical literacy in rehabilitation.

What are some barriers that you face when training return to play athletes and what resources do you use when challenges arise?



Taking a team approach and embracing the different perspectives of each member of the performance team is also critical for the betterment of the athletes.

Discuss how you are developing relationships within performance teams for the benefit of the athlete.

Julie also talks about “intelligent coaching” or a person-centered valued approach model. She discussed past challenges of holding athletes accountable during rehabilitation or performance training.

When holding athletes accountable in their training, what approaches/models have you used in the past and have they changed over time?

What questions or topics would you like to have asked of this speaker if they were on a second podcast?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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