





# AIS INTENSIVE REHABILITATION

Offering a unique environment for Australia's elite athletes to successfully return to performance





The Australian Institute of Sport (AIS) has a renewed focus on supporting Australian athletes to overcome complex injuries and illness through the delivery of intensive, integrated rehabilitation solutions.



## WHAT

Working in partnership with National Sporting Organisations (NSOs) and the National Institute Network (NIN), AIS Intensive Rehabilitation supports injured Australian athletes returning to performance through the delivery of intensive and integrated complex rehabilitation solutions.

In seeking to improve complex rehabilitation outcomes across high performance sport in Australia, AIS Intensive Rehabilitation is committed to:

- Supporting NSOs and the NIN to leverage sports science sports medicine expertise for complex rehabilitation cases
- Providing evidence-based, accessible resources that underpin contemporary practices in complex rehabilitation.

## WHY

The AIS is uniquely positioned to support NSOs and the NIN achieve return to performance outcomes through the delivery of multi-disciplinary rehabilitation solutions in a residential, high performance environment.

In partnering with AIS Intensive Rehabilitation, NSOs and the NIN will:

- Work in collaboration with a dedicated team of rehabilitation experts to develop and implement a robust return to performance plan
- Access world-class sports science sports medicine facilities that support delivery of a holistic rehabilitation experience
- Have opportunities to embed staff with the AIS Intensive Rehabilitation team for capability building purposes.

*"I worked with some great professionals in the AIS Intensive Rehabilitation team, it was great to have that support to get me back on track, achieve my goals, and learn how to prevent my injuries happening again."*

**CHLOE ESPOSITO**  
MODERN PENTATHLON

## WHO

AIS Intensive Rehabilitation will benefit Australian high performance [categorised] athletes where:

- A period of intensive residential rehabilitation may improve return to performance outcomes
- The rehabilitation services available to the athlete in their daily training environment may not adequately support return to performance goals.
- Provision of specialist secondary opinion and/or review of current management strategies may improve rehabilitation progression within the athlete's own daily training environment.



*"The AIS Intensive Rehabilitation team enabled me to return back to full international competition from what could've been a potentially career ending injury."*

**THOMAS EDGAR**  
VOLLEYBALL





## HOW TO APPLY

### APPLICATION

Applications approved from a High Performance Director (HPD) level can be submitted via the Athlete Management System (AMS)



### INITIAL REVIEW AND PLANNING

Approved applicants will travel to the AIS for initial reviews undertaken by a multidisciplinary Intensive Rehabilitation team who then develop an outcome driven rehabilitation plan.

The AIS Intensive Rehabilitation team meet with the NSO and athlete to establish agreement in rehabilitation goals and plans, providing a decision to opt out, for both NSO and AIS at this time.



### IMPLEMENTATION

A collaborative implementation of the agreed rehabilitation is undertaken, including regular reviews and communication with NSO.



### RETURN TO DTE | HANDOVER TO NSO

On completion of the rehabilitation plan an athlete returns to their daily training environment. This includes a collaborative review of case with both athlete and NSO and any ongoing recommendations.

# FAQS

## **Can I submit an application?**

Only NSOs can submit an AIS Intensive Rehabilitation application on behalf of an Australian high performance athlete. Access to the AMS is also required.

## **When can I submit an application?**

Applications for AIS Intensive Rehabilitation can be submitted at anytime.

## **When will I find out if my application is successful?**

The AIS Intensive Rehabilitation team will endeavour to respond to all applications within 2-3 days of your submission.

## **Do I have to relocate to Canberra to receive support through AIS Intensive Rehabilitation?**

Yes, AIS Intensive Rehabilitation operates from the AIS campus in Canberra so you will need to relocate for the duration of your rehabilitation. Accommodation is available onsite.

## **How long will I be treated by the AIS Intensive Rehabilitation team for?**

The duration of your time with AIS Intensive Rehabilitation will depend on the nature of your injury, your return to performance goals and the rate that you progress through your rehabilitation plan.

## **Can AIS Intensive Rehabilitation assist with a review or offer recommendations of my ongoing rehabilitation in my home DTE?**

Yes, initial assessment within AIS Intensive Rehabilitation can also be used as a process for secondary injury/rehabilitation opinion, of the high performance athlete.

## **How much does it cost to be treated by the AIS Intensive Rehabilitation?**

AIS sports science sports medicine services will be provided free of charge; however, costs of external services, such as those incurred when seeing a specialist physician, flights, accommodation, meals and other incidentals will be at the expense of the athlete and/or NSO.

## **Can I bring my own sports science or sports medicine specialist to the AIS Intensive Rehabilitation team?**

A multidisciplinary team of AIS sports specialists support each AIS Intensive Rehabilitation athlete. This team will work closely with the support team of the athlete's normal training environment to ensure inclusion for a successful return to performance when returning home.

## **Why was my application unsuccessful?**

Reasons for an unsuccessful application might include:

- The athlete isn't a categorised high performance athlete
- The AIS is of the view that it can't add value beyond the rehabilitation services and facilities available to the athlete in their daily training environment
- The return to performance objective doesn't warrant an intensive rehabilitation intervention
- AIS Intensive Rehabilitation may be operating at full capacity

*"There is no doubt in my mind, if I didn't have the opportunity to work with the AIS Intensive Rehabilitation team that I'd be retired from basketball. Their professionalism, expertise, and passion to get me back on the court at my physical and mental best is unlike anything I've experienced in my career"*

**KELSEY GRIFFIN**  
AUSTRALIAN OPALS



## CONTACT US

Website: [ais.gov.au/intensive\\_rehabilitation](https://ais.gov.au/intensive_rehabilitation)

Email: [intensiverehab@sportaus.gov.au](mailto:intensiverehab@sportaus.gov.au)

[AIS.gov.au](https://ais.gov.au)

