

Injury-Psychological Readiness to Return to Sport (I-PRRS)-Scale

Please rate your confidence to return to your sport on a scale from 0–100.

0 = no confidence at all, 50 = moderate confidence , 100 = complete confidence

Rate	Value
My overall confidence to play is	<input type="text"/>
My confidence to play without pain is	<input type="text"/>
My confidence to give 100 percent effort is	<input type="text"/>
My confidence to not concentrate on the injury is	<input type="text"/>
My confidence in the injured body part to handle to demands of the situation is	<input type="text"/>
My confidence in my skill level/ability is	<input type="text"/>

Total: