



Return to Play After Concussion



STEP 1:

Limited activity including daily activities that do not provoke symptoms. Limit screen time.

GOAL:

Gradual reintroduction of work and school activities.



STEP 2:

Light aerobic exercises such as walking or stationary bike at a slow to medium pace.

GOAL:

Increased heart rate.



STEP 3:

Sport-specific exercise while avoiding running drills and head impact activity.

GOAL:

Add movement.



STEP 4:

Non-contact training drills including harder training drills and starting progressive resistance training.

GOAL:

Exercise, coordination, and increased thinking.

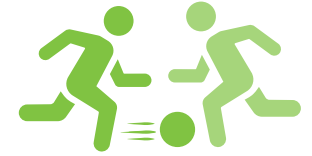


STEP 5:

Full contact practice after acquiring medical clearance. Resume all normal training activities.

GOAL:

Restore confidence and assess functional skills.



STEP 6:

Return to play and normal competition.

GOAL:

Resume normal physical activity.

NOTE:

Proceed to the next step if minimal or no symptoms occur. If recommended activity worsens symptoms, then go back a step.

NOTE:

Proceed to the next step after acquiring medical clearance.

NOTE:

Proceed to the next step if symptom-free.