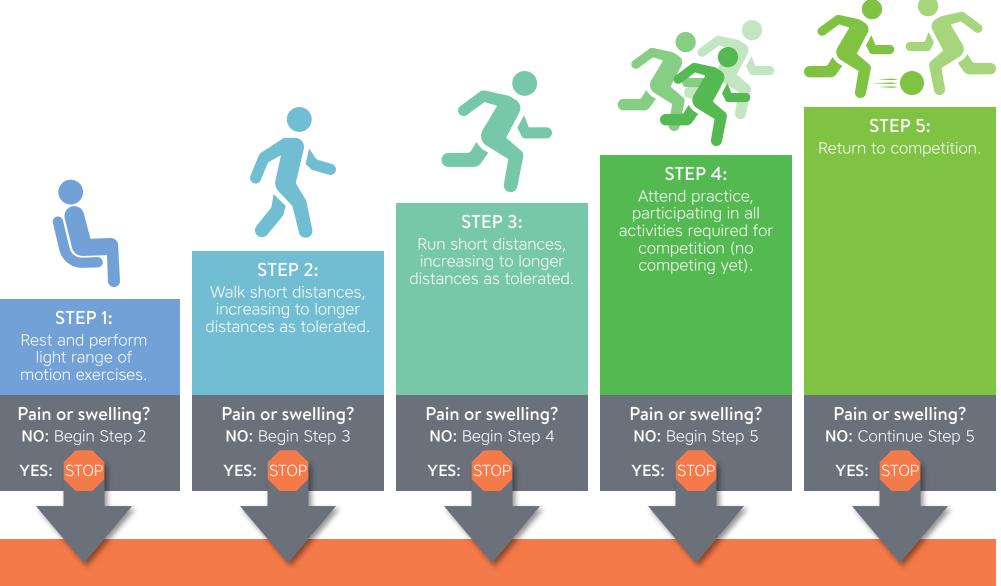


Return to Play After Injury



Stop current activity and rest until free of both pain and swelling.

Go back 1 step (Example: If pain occurred after running a short distance in step 3, go back to step 2; if at step 1, stay at step 1), and continue as directed.