



CONCUSSION MANAGEMENT: GRADUATED RETURN TO PLAY PROTOCOL

1

NO ACTIVITY

Complete mental and physical rest

Mental activities: Reading, texting, TV, computers, video games, music

Physical activities: Running, hiking, swimming, biking, exercise

Stage Goal: Recovery

2

LIGHT AEROBIC EXERCISE

Keep effort to under 70% of maximal heart rate (220-age)

Example: 20 minute stationary bike, light run/walk

Stage Goal: Increase heart rate

3

SPORT SPECIFIC EXERCISE / TECHNIQUE

Low to moderate intensity activity

Absolutely no contact or head impact

Example: Throwing, catching, shooting, dribbling

Stage Goal: Add movement

4

NON CONTACT TRAINING DRILLS

Progress to more sport drills, combining movement and strategy. NO head contact.

May begin progressive resistance training.

Stage Goal: Exercise, coordination and cognitive load



MEDICAL CLEARANCE FROM PHYSICIAN NEEDED TO PROGRESS TO NEXT STEP

5

FULL CONTACT PRACTICE

Participate in normal training activities

Stage Goal: Restore confidence and assess functional skills by coaching staff

6

RETURN TO PLAY

Physician clears athlete - **WRITTEN PERMISSION**

Normal training and competition play without restrictions

Continue to monitor and assess periodically