

CONCUSSION MANAGEMENT

RETURN TO PLAY

Step 1:

Rehabilitation Stage: No activity for 1 day (about 24 hours.)

Functional Exercise: Complete physical and cognitive rest.

Do not progress onto Step 2 until there are no concussion symptoms with cognitive activities (like attending school, reading, studying, reasoning/focusing, test taking, texting, video games, etc.) If there are any symptoms with cognitive activity at any point, do not progress any further in the Return to Play Protocol until symptom free for 1 day.

Step 2:

Rehabilitation Stage: Light aerobic exercise, no resistance for 1 day (about 24 hours.)

Functional Exercise: Walking, swimming or stationary cycling with no resistance.

If symptoms occur, go back to Step 1 for 24 hours, then try Step 2 again

Step 3:

Rehabilitation Stage: Sport-specific exercise for 1 day (about 24 hours.)

Functional Exercise: Skating drills in ice hockey, running drills in soccer. **NO HEAD IMPACT ACTIVITIES.** Progressive addition of resistance training.

** If symptoms occur, go back to Step 2 for 24 hours, then try Step 3 again**

Step 4:

Rehabilitation Stage: Non-contact training drills for 1 day (about 24 hours)

Functional Exercise: Progression to more complex training drills (examples: passing drills in football and ice hockey). **NO HEAD IMPACT ACTIVITIES.**

** If symptoms occur, go back to Step 3 for 24 hours, then try Step 4 again**

SEE MD FOR MEDICAL CLEARANCE BEFORE NEXT STAGE (BEFORE Step 5)

Step 5:

Rehabilitation Stage: Full contact practice

Functional Exercise: Following medical clearance, participate in normal training activities.

Coaching staff to assess functional skills.

If symptoms occur, stop activity for 24 hours, then try Step 4 again **AND contact your doctor**

Step 6:

Rehabilitation Stage: Return to play

Functional exercise: Normal game play.