

## Concussion – Return to Sport Progression

In order to start this progression, you must be symptom free for at least 24 hours. There must be at least 24 hours between each day/stage and the athlete must remain symptom free the entire time. If the athlete's symptoms do return, then they must wait until symptom free and return to the previous stage to when they had symptoms.

If accessible, the athlete should check in with their high school or club team's certified athletic trainer after each step.

### Stage 1: No activity

- Complete rest, both physical and cognitive. This may include staying home from school or limiting school hours and/or homework as activities requiring concentration may worsen symptoms and delay recovery.

### Stage 2: Light aerobic exercise

- Goal: Limited body and head movement, increase athlete's heart rate
- Time: 30 minutes
- Activities: Walking or stationary bike at low intensity, no weight lifting or resistance training

**Before progressing to the next stage, the student must be healthy enough to return to school full time.**

### Stage 3: Sport Specific Exercises

- Goal: Moderate intensity activity, no contact
- Time: Close to typical routine
- Activities: Running, dribbling basketball or soccer, no helmet or equipment, no head impact activities, high intensity stationary bike

### Stage 4: Non-contact exercises

- Goal: High intensity activity, no contact
- Time: Close to typical routine
- Activities: Technical non-contact sports specific drills, weight lifting, sprinting

**Prior to return to participation, you will need to receive a medical release from your health care provider and give this to your coach.**

### Stage 5: Full contact practice/training

- Goal: Reintegrate back into full practice/training
- Time: Typical routine
- Activities: Normal sport practice/training
- If this stage is completed and the athlete is asymptomatic for 24 hours, they may proceed to stage 6 without being seen by a physician

### Stage 6: Unrestricted return to participation/full competition

- Goal: Return to competition
- Time: Typical routine
- Activities: Unrestricted return to participation/full competition