



STEP #6

DATE COMPLETED: _____

Full Contact Controlled Training and Game Play

- ◆ Following medical clearance, participate in normal training activities.
- ◆ When you are ready, you can return to competition. Start with scrimmages with teammates and work up to full competitive games.

IMPORTANT NOTES

Mood changes and anxiety can be common during recovery from a brain injury. Many children worry about failing at school or not being active. This may make symptoms worse or prolong recovery.

Talk with your child about these issues and offer encouragement and support. Some children may require help from a counsellor.

If your child is not better by 4 weeks, seek assistance from your family physician and/or ask for a referral to the ACH Brain Injury Team.



Come attend one of our weekly education sessions on Concussion/Mild Traumatic Brain Injury Management, here at the Alberta Children's Hospital.

For more information about these weekly sessions call (403) 955-2571.

Or visit one of our sites for more information and resources:

www.4ctbi.ca

www.facebook.com/4ctbi
(Scan the QR code below for quick access)



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Curious About Concussions?



**Don't be in doubt,
FIND OUT!**

RETURN
TO
PLAY

Return to Learn should be completed before beginning Return to Play.

DATE OF INJURY: _____

RETURN TO PLAY

When your child is able to tolerate the activities well, move onto the next step.
If they are not tolerating symptoms well—return to the previous step until ready to move forward.

STEP #1

Are symptoms present? If yes, are you tolerating them?

DATE COMPLETED: _____

Restricted Activities

- ◆ No sporting activity.
- ◆ Physical activity during this step is restricted but walking and light exercise (no sweating) is encouraged, as tolerated.



STEP #2

Are symptoms present? If yes, are you tolerating them?

DATE COMPLETED: _____

Light Aerobic Exercise

- ◆ Maximum of 10-15 minutes of light aerobic exercise (e.g. walking, light jogging, swimming, cycling on a stationary bike) twice a day.
- ◆ No resistance training or weight lifting
- ◆ No head/body contact, dives, jumps, high speed stops, spins or other abrupt motions.

STEP #3

Are symptoms present? If yes, are you tolerating them?

DATE COMPLETED: _____

Sport-Specific Training and Exercises

- ◆ Maximum of 20-30 minutes of general conditioning (e.g. running, throwing, skating) twice a day.
- ◆ No head/body contact, dives, jumps, high speed stops, spins or other abrupt motions.

STEP #4

Are symptoms present? If yes, are you tolerating them?

DATE COMPLETED: _____

Non-Contact Drills

- ◆ Begin activities with a teammate and work up to a full team practice with NO head/body contact (e.g. shooting/passing drills, ball drills, and other non-contact activities).
- ◆ No checking, heading the ball, tackling or live scrimmages.
- ◆ Resistance training and 'beginner level' sport-specific skills can begin. Increase skill level over time, as tolerated.

STEP #5

DATE COMPLETED: _____

MEDICAL CLEARANCE

Get clearance from your family physician or a health care provider experienced with treating concussions before moving onto Step #6

