



Concussion - Return to Play Protocol

STEP 1

Light activities of daily living which do not aggravate symptoms or make symptoms worse. When able to tolerate step 1 without symptoms and signs, proceed to step 2.

STEP 2

Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting. When able to tolerate step 2 without symptoms and signs, proceed to step 3.

STEP 3

Sport specific activities and training (e.g. skating). When able to tolerate step 3 without symptoms and signs, and medical clearance is provided, proceed to step 4.

STEP 4

Practice and drills without body contact. May add light resistance training and progress to heavier weights. The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the player. When able to tolerate step 4 without symptoms and signs, and medical clearance is provided, proceed to step 5.

STEP 5

Begin practice and drills with body contact. When able to tolerate step 5 without symptoms and signs, and medical clearance is provided, proceed to step 6.

STEP 6

Return to Game play. (The earliest a concussed athlete should return to play is one week.)

There should be at least 24 hrs (or longer) for each step of the progression. If any of the symptoms worsen during exercise, you should go back to the previous step.