

STUDENT NAME: \_\_\_\_\_ - Return to Play Concussion Protocol

| Rehabilitation Stage                             | Functional Exercise at Each Stage of Rehabilitation  | Objective of each Stage                       | Symptom Free for Next 24 Hours?   | Date Attained | Team Rehab or Medical Professional |
|--|--|---|---|---------------|------------------------------------|
| 1. No Activity and                               | Complete physical and cognitive rest   | Recovery                                      | <u>Yes</u> : Begin Step 2<br><u>No</u> : Continue Resting                             |               |                                    |
| 2. Low-Impact Activity                           | Light aerobic exercise<br>No weight lifting<br>(i.e. 5-10 min. walking, light jogging, etc.)   | Increase Heart Rate                           | <u>Yes</u> : Begin Step 3<br><u>No</u> : Rest Further until Symptom Free              |               |                                    |
| 3. Moderate, Sport Specific Aerobic Activity     | Fundamental to specific sport running, plyometrics, jogging, brief running, moderate-intensity weightlifting (less time and/or less weight from typical routine), No contact | Increase Heart Rate Add Movement              | <u>Yes</u> : Begin Step 4<br><u>No</u> : Return to Step 2 until Symptom Free          |               |                                    |
| 4. Non-Contact Sport Specific Drills             | Non-contact, sport specific drills<br>Regular weight lifting   | Exercise, Coordination, and Cognitive Loading | <u>Yes</u> : Begin Step 5<br><u>No</u> : Return to Step 3 until Symptom Free          |               |                                    |
| 5. Medical Clearance for Return to Full Practice |  |   | <u>Yes</u> : Begin Step 6<br><u>No</u> : Return to protocol until clearance is given  |               |                                    |
| 6. Practice, Full Contact                        | Normal training<br>Full contact in practice setting  | Restore Confidence                            | <u>Yes</u> : Return to Competition<br><u>No</u> : Return to Step 4 until Symptom Free |               |                                    |

Appendix A: Return to Play Protocol

\*Symptom-Free means NO lingering headaches, sensitivity to light/noise, foginess, drowsiness, etc.

*Reference: Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012*