



## Return to Play Post-Concussion Steps

All athletes diagnosed with a concussion must complete the Return to Play step-wise progression. All step activities should be supervised by a parent or coach. Only one step per day can be completed. To progress to the next step, athlete must remain symptom free while completing current step activities. If symptoms return at any time the athlete needs to stop activity for the day and return to previous step the following day. If symptoms do not resolve athlete should return to see physician.

**Athlete Name:** \_\_\_\_\_

### Step 1. Symptom Limited Activity, relative rest up to 48-72hrs

- Low intensity physical or cognitive activity, gradually reintroduce very light activity while limiting symptoms

### Step 2. Light Aerobic Activity

- Very limited time (15-30 minutes) with slightly elevated heart rate
- Potential activities: stretching, walking, slow jog, stationary bike, avoid dynamic head movements
- No resistance or weight training, no running or sprinting

Date: \_\_\_\_\_ Supervised by: \_\_\_\_\_ Symptom Free: \_\_\_Y \_\_\_N

### Step 3. Moderate Aerobic Activity

- Must be back at school full time with no academic accommodations
- Limited to 60 minutes
- May begin running at faster pace
- Potential activities: half field runs, run-jog intervals, moderate-intensity individual drills
- No resistance or weight training, no sprinting

Date: \_\_\_\_\_ Supervised by: \_\_\_\_\_ Symptom Free: \_\_\_Y \_\_\_N

### Step 4. Non-Contact Practice

- May work-out for unrestricted amount of time
- May begin sprints and light weight lifting/resistance training
- May join in on non-contact drills

Date: \_\_\_\_\_ Supervised by: \_\_\_\_\_ Symptom Free: \_\_\_Y \_\_\_N

**\*\*Must obtain written clearance by health care professional to give to coach prior to starting step 5\*\***

### Step 5. Full-Contact Practice

- Unrestricted full practice
- Must have one full contact practice before being able to play in a game

Date: \_\_\_\_\_ Supervised by: \_\_\_\_\_ Symptom Free: \_\_\_Y \_\_\_N

### Step 6. Game Ready/Full Participation