

RETURN TO SPORTS FOLLOWING A CONCUSSION

If you have sustained a concussion, this action plan is recommended before fully returning to physical activity. You must complete your recommended period of rest and follow the activity restrictions.

You should be symptom-free at rest for 5-7 days before starting the following progressive steps.

There should be approximately 24 hours in between each step. If any symptoms return at any time during this action plan, stop working out. Rest until you are symptom-free for 24 hours.

Then return to the previous step. If symptoms do not resolve or get worse, seek medical attention.

STEP 1: LIGHT GENERAL CONDITIONING EXERCISES

- **NO CONTACT.**

- Begin with a warm up (stretching / flexibility) for 5-10 minutes.
- Start a cardio workout of 15-20 minutes which can include: stationary bicycle, elliptical, treadmill, fast paced walking, light jog, rowing or swimming.
- 50% intensity.

STEP 2: GENERAL CONDITIONING AND SPORT SPECIFIC SKILL WORK DONE INDIVIDUALLY

- **NO CONTACT.**

- Begin with a warm up (stretching / flexibility) for 5-10 minutes.
- Increase intensity and duration of cardio workout to 20-30 minutes.
- Begin sport specific skill work within the workout, but no spins, dives or jumps.
- 50-60% intensity.

STEP 3: GENERAL CONDITIONING, SKILL WORK DONE WITH A TEAM-MATE

- **NO CONTACT.**

- Increase duration of session to 60 minutes. Begin resistance training including neck and core strengthening exercises.
- Continue practicing sport specific individual skills.
- Begin general shooting, kicking or passing drills with a partner.
- Start beginner level spins, dives and jumps.
- 75% intensity.

STEP 4: GENERAL CONDITIONING, SKILL WORK AND TEAM DRILLS

- **NO CONTACT. NO SCRIMMAGES.**

- Resume pre-injury duration of practice and team drills.
- Increase resistance training and skill work as required.
- Gradually increase skill level of spins, dives and jumps.
- 75-90% intensity

STEP 5: FULL PRACTICE WITH BODY CONTACT

- **CONTACT. SCRIMMAGES.**

- Participate in a full practice. If completed with no symptoms, discuss with the coach about returning to activity.
- 90-100% intensity.

Do not progress until the following is achieved:

- Coaches must make sure that the athlete has regained his/her pre-injury skill-level.
- The child or teen is confident in his/her ability to return to activity.

STEP 6: RETURN TO COMPETITION.