

RETURN TO HOCKEY 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

- **OFF THE ICE. 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 HOCKEY-SPECIFIC SKILL WORK DONE INDIVIDUALLY

- **OFF THE ICE. 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 hockey specific skill work: individual stick handling and shooting drills.
- 50-60% intensity.

STEP 3: GENERAL CONDITIONING AND HOCKEY-SPECIFIC SKILL WORK DONE WITH A TEAM-MATE

- **ON THE ICE. NO CONTACT.**

- Increase duration of session to 60 minutes. Begin resistance training including neck and core strengthening exercises.
- Begin on-ice skating warm-up: forwards, backwards, stop and start, cones.
- Begin on-ice practice of hockey drills with a partner: passing, shooting on goalie and other position specific drills like face-offs and deflections.
- Skating intensity 50%.

STEP 4: GENERAL CONDITIONING, HOCKEY-SPECIFIC SKILL WORK AND TEAM DRILLS

- **ON THE ICE. NO CONTACT. NO SCRIMMAGES.**

- Resume pre-injury duration of practice and team drills.
- Practice team passing, shooting drills and individual defensive skills.
- Practice break-out drills, 3 on 2's / 2 on 1's and defensive coverage drills.
- Practice offensive and defensive plays.
- Review body checking and protection techniques. Focus on skills needed (if applicable to your level of play).
- Skating intensity 75%.

STEP 5: FULL TEAM PRACTICE WITH BODY CONTACT

- **ON THE ICE. CONTACT. SCRIMMAGES.**

- Participate in a full practice to get yourself back in the lineup. If completed with no symptoms, discuss with the coach about getting back in the game.
- Skating intensity 100%.

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.