Graduated Return to Play Strategy

NO ACTIVITY!!
Duration: Until Medical Clearance
Goals: Complete Physical and Cognitive Rest

STAGE 1

Symptom-Limited Activity
Duration: As tolerated
Goals: Daily Activities That Do Not Provoke Symptoms

STAGE 2

Light Aerobic Exercise
Duration: 15-30 mins
Goals: Increase Heart Rate; General Conditioning
Activities: Fast-Paced Walking, Light Jogging, Stationary Bike

STAGE 3

Sport Specific Exercise
Duration: Up to 60 mins
Goals: Moderate General Conditioning; Begin Skill Work
Activities: Individual Drills/Skills, Moderate Intensity Running and Weight Lifting

STAGE 4

Non-Contact Training Drills
Duration: Entire Practice
Goals: Resume Regular Conditioning and Lifting; Begin Skill Work with Team
Activities: Non-Contact Drills

STAGE 5

Full Contact Practice
Duration: Entire Practice
Goals: Participate in Regular Practice, Restore Confidence
Activity: Contact Drills, Scrimmaging etc.

STAGE 6

RETURN TO GAME!

**Each stage requires a minimum of 24hrs to complete**

Adapted from The Concussion in Sport Group 2017