

## CONCUSSION

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# RETURN TO PLAY

When your child returns to play following a concussion they should follow a stepwise progression back into full participation of their sport. A healthcare provider experienced in managing concussions should over-see this progression. Recent research supports light, symptom-limited physical activity early in the recovery process.

### STEP ONE

#### Limited Activity

May participate in light activity that does not significantly worsen symptoms.

Light walking, stretching, stationary bike with low resistance

### STEP TWO

#### Light Aerobic Exercise

May participate in activities with the goal of increasing your heart rate. No resistance training.

Walking, easy running, swimming, sit-ups/push-ups/lunge walks

### STEP THREE

#### Sport Specific Exercise

May participate in activities with the goal of adding more sport-specific movement. Still no head contact.

Agility drills, running and short sprints

### STEP FOUR

#### Non-Contact Training Drills

May participate in activities with the goal of increasing coordination and cognitive demand.

High exertion drills, complex training drills, sport-specific drills, progressive resistance training

### STEP FIVE

#### Full Contact Practice, Controlled

May participate in activities with the goal of restoring your confidence and allowing assessment of functional skill.

Controlled contact drills, controlled scrimmage and game simulation

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### STEP SIX (MEDICAL CLEARANCE)

#### Return to Play

Return to full, unrestricted participation, including competition play. Your child's healthcare provider should provide written clearance in compliance with state laws and regulations.

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