

# **MEDFORD SPORTS MEDICINE**

## **CONCUSSION RETURN-TO-PLAY PROTOCOL**

<u>Rehabilitation Stage</u>	<u>Functional Exercise at Each Stage of Rehabilitation</u>	<u>Objective of Each Stage</u>
No activity	Complete physical & cognitive rest	Recovery
Light aerobic exercise	Walking, stationary bike, or elliptical keeping intensity <70% of Max HR; no resistance training	Increase Heart Rate
Sport-specific exercise	Sport-specific drills within each sport ie. running & cutting drills for football & soccer, skating drills for ice hockey, stick work for lacrosse; no head impact activities	Add movement
Non-contact practice	Progression to more complex training drills ie. passing drills for football, soccer, & ice hockey; may start progressive resistance training	Exercise, coordination, & cognitive load
Full contact practice	Following medical clearance; participate in normal training activities such as tackling in football, heading in soccer, contact in ice hockey and lacrosse	Restore athlete's confidence and assess functional skills by coaching staff
Return to play	Normal game play	

\*exercise stage begins once athlete is completely asymptomatic at rest

\*\*all stages must be completed one day at a time & the athlete must remain asymptomatic during each stage

\*\*\*adapted from the Consensus Statement on Concussion in Sport; Zurich, Switzerland, November 2008