

MSHSL - WBL - TWIN CITIES ORTHOPEDICS

CONCUSSION RETURN TO PLAY PROTOCOL

Return to play decisions are complex. An athlete may be cleared to return to competition when the player is free of all signs and symptoms of a concussion at rest and during exercise. Once free of symptoms and signs of concussion, a stepwise symptom free exercise process is required before a player can return to competition. Below is the accepted best-practice for return to play after a concussion supported by the MSHSL, NCAA, and professional sports organizations.

- Each step requires a minimum of 24 hours.
- The player can proceed to the next level only if s/he continues to be free of any symptoms and or signs at the current level.
- If any symptoms or signs recur, the player should drop back to the previous level.
- After a concussion has been diagnosed by an Allied Health Care Professional, only a AHCP can authorize a subsequent return to play.

The return-to-play after a concussion is a step-wise process.

EACH STEP REQUIRES A MINIMUM OF 24 HOURS.

Step-wise Progression MUST be performed in sequence
Symptom-limited activity: Daily activities that do not provoke symptoms.
Stage 1: Light activity: Aerobic exercise such as walking, stationary bike. No weight training.
Stage 2: Sport-specific activity: running/sprinting, skating, agility drills, weight training.
Stage 3: Non-contact activity: return to modified sport activity/practice, non-contact drills.
Stage 4: Full-contact activity: return to full participation after medical clearance
Stage 5: Cleared for Full Return to Play