



Gradual Return to Play Protocol

Stage 1: Light Aerobic Activity

Begin stage 1 when: student is cleared by health care provider and has no symptoms

Stage 1 activities: 20-30 mins jogging, stationary bike or treadmill

Stage 2: Heavy Aerobic Activity and Strength Activity

Begin stage 2 when: 24 hours has passed since student began stage 1 AND athlete has not experienced a return in symptoms

Stage 2 activities: progressive resistance training (examples below)

- 4 laps around turf or 10 mins on stationary bike, and
- 10 half-field sprints, and
- 5 sets of 5 reps: squats/pushups/shoulder press, and
- 3-5 half-field walking lunges

Stage 3: Functional, Individual Sport-Specific drills without contact

Begin stage 3 when: 24 hours has passed since student began stage 2 AND athlete has not experienced a return in symptoms

Stage 3 activities: 30-45 mins of functional/sport specific drills coordinated by coach or ATC. NO heading of a soccer ball

Stage 4: Non-Contact Practice

Begin stage 4 when: 24 hours has passed since student began stage 3 AND athlete has not experienced a return in symptoms

Stage 4 activities: Full participation in regular practice and conditioning program. NO heading of soccer balls

Stage 5: Full contact practice

Begin stage 5 when: 24 hours has passed since student began stage 4 AND athlete has not experienced a return in symptoms

Stage 5 activities: unrestricted participation in practices

Stage 6: Return to game

Begin stage 6 when: 24 hours has passed since student began stage 5 AND athlete has not experienced a return in symptoms