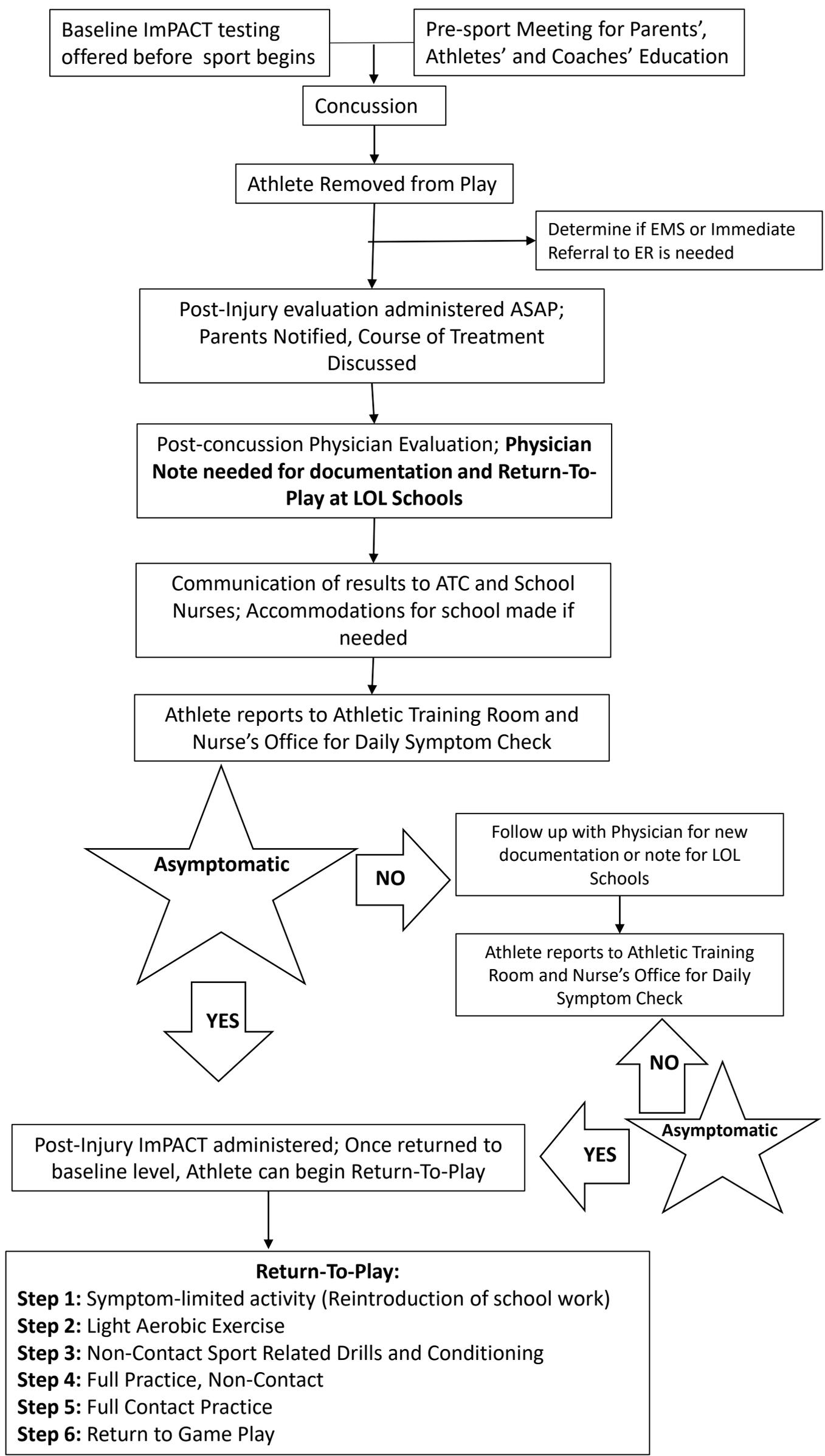


Lyme-Old Lyme Public Schools Concussion Management Protocol



Stage	Rehabilitation steps/Aim	Functional exercise at each step of rehabilitation/Activity	Goal of each step
0	It is recommended that an initial period of 24 – 48 hours of both relative physical rest and cognitive rest is achieved before beginning the RTP progression identified in Stages one through six below (McCroly, P. et al., 2017). If at any time signs or symptoms should worsen during the RTP progression, the athlete should stop activity that day. If the symptoms are gone the next day, the athlete may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms persist, the athlete should be referred to a healthcare professional who is an expert in the management of concussions.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace; No resistance training	Increase heart rate
3	Sport-specific exercise	No contact Jogging, brief running or skating drills; No head impact activities	Add movement
4	Non-contact training drills	Harder trainer drills (e.g., ball/puck/baton passing drills); May start progressive resistance training	Exercise, coordination and increased thinking/concentration
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation