

Return to Play Progression

Name of Athlete:

Sport:

| Stage | Activity | Objective |
|-------|---|--|
| 1 | <ul style="list-style-type: none"> · Walking or riding a stationary bike with eyes fixed on a distant target x10-20 minutes. · Planks: 2 x 30 seconds · Wall Sit: 2 x 1 minute | Perceived Exertion: EASY Minimal head movement Minimal distraction (quiet environment, use a timer or have a friend count for you) Increase heart rate |
| 2 | <ul style="list-style-type: none"> · Jogging at a medium pace with normal eye movement x10-20 minutes · Planks: 3 x 30 seconds · Wall Sit: 3 x 1 minute · Lunge Walks: 3 x 20 | Perceived Exertion: MILD Normal head movement Low level cognitive exertion (count your own reps, busy environment) Increase heart rate with higher level of exertion |
| 3 | <ul style="list-style-type: none"> · Running at fast pace x10-20 minutes. · Individual drills which may include throwing/kicking/hitting off a tee, agilities, cutting, ladder drills, low speed passing, etc. x20 minutes. · Wear helmet (if applicable). · May begin light weight training, no overhead free weights. | Perceived Exertion: MODERATE Increased head motion and rotation Increased body positional changes Moderate level multitasking in sport-specific drills Add movement |
| 4 | <ul style="list-style-type: none"> · Non-contact practice (not touching another person) · Agilities including high knees, butt kicks, carioca, etc. as well as drills from Stage 3. · No hitting another player/blocking dummies. · Wear helmet and may wear full gear (if applicable). | Perceived Exertion: HARD/INTENSE High level multitasking in sport-specific drills. Multiple people on the field of play Non-Contact Exercise, coordination, and increased thinking |
| 5 | <ul style="list-style-type: none"> · Full participation in controlled contact practice. · Can resume contact with blocking equipment & teammates. | Perceived Exertion: HARD/INTENSE Full participation in a controlled practice setting Restore confidence and assess functional skills by coaching staff |
| 6 | <ul style="list-style-type: none"> · Full participation in competition/game | Return to full participation |

- Complete the return to play progression in the presence of a certified athletic trainer or communicate progression updates daily to a Campbell Clinic certified athletic trainer.
- Pay careful attention to your symptoms, your thinking, and your concentration skills at each stage of activity.
- A 24 hour rest period should be taken before progressing to the next stage.
- Move to the next stage of activity only if you do not experience any symptoms when completing the current exercise stage.
- If your symptoms return, immediately discontinue activity and rest for 24 hours. If your symptoms resolve, you may restart the previous stage of the return to play protocol. If your symptoms do not resolve, return with physical activity or significantly worsen, consult your physician and/or certified athletic trainer.