

Return to Play Progression

Start at stage ____ and progress to stage _____. Plan of care will be updated at follow-up appointment in _____.
 This athlete is NOT cleared to participate in a game/competition setting until they have received a full clearance letter.

1

LIMITED ACTIVITY

OBJECTIVE: recovery

DURATION: 20-30 min

- ✓ Walking at a light pace (2-3mph on treadmill)
- ✓ Riding a stationary bike with low resistance
- ✓ Stretching
- ★ NO CONTACT/COLLISION, NO RESISTANCE TRAINING

2

LIGHT AEROBIC EXERCISE

OBJECTIVE: increase heart rate

DURATION: 30 min

- ✓ Walking at a medium to moderate pace
- ✓ Running at an easy pace
- ✓ Stationary bike with moderate resistance
- ★ NO CONTACT/COLLISION, NO RESISTANCE TRAINING
- ✓ Swimming
- ✓ Sit-ups (25), push-ups (10), lunge walks (20)

3

SPORT SPECIFIC EXERCISE

OBJECTIVE: add movement

DURATION: 30-45 min

- ✓ Walking at a brisk pace
- ✓ Running at a medium pace
- ✓ Stationary bike with moderate-high resistance
- ★ NO CONTACT/COLLISION, NO RESISTANCE TRAINING
- ✓ Non-contact sport-specific agility drills
- ✓ Sit-ups (30), push-ups (10), lunge walks (30)

4

NON-CONTACT TRAINING

OBJECTIVE: increase coordination & cognitive load

DURATION: 45-60 min

- ✓ Running at a fast pace
- ✓ Stationary bike with high resistance
- ✓ Sprinting, high exertion drills
- ★ NO CONTACT/COLLISION
- ✓ Complex training drills
- ✓ Plyometrics
- ✓ Resistance training (light weight, high reps)

5

FULL CONTACT PRACTICE, CONTROLLED

OBJECTIVE: restore confidence

- ✓ Participate in normal training and practice activities
- ✓ Controlled, sport-specific contact drills
- ✓ Controlled scrimmage and game simulation

6

RETURN TO PLAY

- ✓ Return to full, unrestricted contact participation and competition

Additional Comments: