



## A Graduated Return-to-Play (RTP) Recommended by The 2012 Zurich Consensus Statement on Concussion in Sport\*

STAGE	ACTIVITY	FUNCTIONAL EXERCISE AT EACH STAGE OF REHABILITATION	OBJECTIVE OF STAGE
<b>1</b>	<b>No activity</b>	Symptom limited physical and cognitive rest.	Recovery
<i>When 100% symptom free for 24 hours proceed to Stage 2. (Recommend longer symptom-free periods at each stage for younger student/athletes) ▼</i>			
<b>2</b>	<b>Light aerobic exercise</b>	Walking, swimming or stationary cycling keeping intensity <70% maximum permitted heart rate. No resistance training.	Increase heart rate
<i>If symptoms re-emerge with this level of exertion, then return to the previous stage. If the student remains symptom free for 24 hours after this level of exertion, then proceed to the next stage. ▼</i>			
<b>3</b>	<b>Sport-specific exercise</b>	Skating drills in ice hockey, running drills in soccer. No head-impact activities.	Add movement
<i>If symptoms re-emerge with this level of exertion then return to the previous stage. If the student remains symptom free for 24 hours after this level of exertion then proceed to the next stage. ▼</i>			
<b>4</b>	<b>Non-contact training drills</b>	Progression to more complex training drills, e.g., passing drills in football and ice hockey May start progressive resistance training.	Exercise, coordination and cognitive load
<i>If symptoms re-emerge with this level of exertion then return to the previous stage. If the student remains symptom free for 24 hours after this level of exertion then proceed to the next stage. ▼</i>			
<b>5</b>	<b>Full-contact practice</b>	Following medical clearance, participate in normal training activities.	Restore confidence and assess functional skills by coaching staff
<i>If symptoms re-emerge with this level of exertion then return to the previous stage. If the student remains symptom free for 24 hours after this level of exertion then proceed to the next stage. ▼</i>			
<b>6</b>	<b>Return to play</b>	Normal game play.	No restrictions

\*bjsm.bmj.com/content/47/5/250.full

The healthcare professional should give the responsibility of the graduated RTP steps over only to a trained professional such as an ATC, PT or should teach the parents. A coach, school nurse or PE teacher does NOT need to be responsible for taking concussed student/athletes through these steps.

**Research Note:** Earlier introduction of physical activity is being researched and may become best practice. However, at this time, any early introduction of physical exertion should only be conducted in a supervised and safe environment by trained professionals.

PACE