St.Vincent Sports Performance

CONCUSSION

RETURN TO PLAY PROTOCOL

Stage	Functional Exercise	Objective
No Activity	Complete physical and cognitive rest	Recovery
Light Aerobic Exercise	Walking, swimming or stationary cycling keeping intensity low; no resistance training; 20 minute maximum	Increase heart rate
Sport-Specific Conditioning	Skating drills in hockey, running drills in soccer; no head impact activities	Add movement
Non-Contact Training Drills	Progress to more complex drills (passing, dribbling, etc); may start resistance training. May wear helmet and pads	Exercise, Coordination, and Cognitive Load
Full Contact Practice	***Following medical clearance***; participate in normal training activities	Restore confidence and assess functional skills
Return to Play	Normal sports participation	

Modified from *Consensus Statement on Concussion in Sport*, Clin J Sport Med 2009

Note: The athlete must remain symptom free for 24 hours in order to advance through the various levels or move up a level as described above. If symptoms return, while exercising or following exercise, the athlete should return to the previous level of activity after resting 24 hours. Use this when physician does not send specific return to play progression.

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