



St. Mary's Ryken High School
Graduated Return to Play Protocol



Name: _____ **Date of Injury:** _____

All stages will be monitored by a certified Athletic Trainer. If any signs or symptoms arise during any stage, the protocol will be stopped and not be resumed until asymptomatic.

	Exercise	Date	Completed	Comments
Stage 1	Walking at 2.5mph or ride stationary bike for 20 minutes. Goal is to reach 30-40% of maximum heart rate.		Yes No	_____ Supervisor Signature
Stage 2	Jogging for 20-30 minutes (medium pace). 25 sits ups, 20 push ups, 20 lunge walks. Goal is to reach 40-60% maximum heart rate.		Yes No	_____ Supervisor Signature
Stage 3	Running for 20-30 minutes (fast pace). 50 sit ups, 30 push ups, 30 lunge walks. Individual drills for 15 minutes if able. Goal is to reach 60-80% maximum heart rate.		Yes No	_____ Supervisor Signature
Stage 4	Participation in non-contact practice drills totaling 45-60 minutes. Goal is to reach 80% maximum heart rate.		Yes No	_____ Supervisor Signature
Stage 5	Participation in full-contact practice. Goal is to reach full exertion.		Yes No	_____ Supervisor Signature
Stage 6	May resume all activity. May return to normal game play.			

I certify that the above patient has completed the 5 stages of Graduated Return to Play without any symptoms.

Athletic Trainer Name

Athletic Trainer Signature

Date