



RETURNING TO PHYSICAL ACTIVITY/SPORTS FOLLOWING A CONCUSSION

If you have sustained a concussion, it is recommended to follow these steps before fully returning to physical activity/sports.

- After an initial period of rest for at least 48 hours, you can start the Return to Physical Activity/Sports Guidelines **STEPS 1-3 ONLY**. This should be done in conjunction with the Return to Learn Management Plan.
- There should be approximately 24 hours or longer between each step. If your symptoms increase or if you experience new symptoms, stop working out. Rest for 24 hours, then return to the previous step.
- It is important to be symptom-free for a few days and to have returned to school full-days before progressing to **STEPS 4-6** of the Return to Physical Activity/Sports Guidelines.
- Written authorization may be requested prior to a return to full activity/competition.

RETURN TO PHYSICAL ACTIVITY/SPORTS FOLLOWING A CONCUSSION MANAGEMENT PLAN



30%
EFFORT

STEP 1 VERY LIGHT PHYSICAL ACTIVITY

- **AVOID ACTIVITIES INVOLVING RISK OF: CONTACT, COLLISION OR FALLS.**
- Start a cardio workout of 15-20 minutes which can include: stationary bicycle, treadmill, walking or swimming.



50%
EFFORT

STEP 2 LIGHT AEROBIC ACTIVITY AND SPORT SPECIFIC SKILL WORK DONE INDIVIDUALLY

- **AVOID ACTIVITIES INVOLVING RISK OF: CONTACT, COLLISION OR FALLS.**
- Begin with a warm up (stretching/flexibility) for 5-10 minutes.
- Increase intensity and duration of cardio workout to 20-30 minutes: fast-paced walking, light jogging, elliptical, rowing, dancing.
- Begin sport specific skill work within the workout, but no spins, dives or jumps.



75%
EFFORT

STEP 3 GENERAL CONDITIONING, SKILL WORK DONE INDIVIDUALLY

- **AVOID ACTIVITIES INVOLVING RISK OF: CONTACT, COLLISION OR FALLS.**
- Increase duration of session up to 60 minutes. Begin bodyweight strengthening exercises.
- Continue practicing sport specific individual skills: dribbling, shooting, footwork.
- Start beginner level spins and jumps.

Progress to step 4 only once symptom-free for a few days and attending school full days.



75-90%
EFFORT

STEP 4 TEAM PRACTICES AND DRILLS WITHOUT CONTACT

- **AVOID ACTIVITIES INVOLVING RISK OF: CONTACT, COLLISION OR FALLS.**
- May return to physical education class.
- Resume pre-injury duration of practice and team drills.
- Begin non-contact team drills.
- Increase resistance training and skill work specific to the sport/activity.
- Gradually increase skill level of spins, dives and jumps.

Progress to step 5 only following full return to cognitive and academic activities without accommodations.



90-100%
EFFORT

STEP 5 FULL PRACTICE WITH BODY CONTACT

- **RISK OF: CONTACT, COLLISION AND FALLS PERMITTED.**
- Participate in a full practice. If completed with no symptoms, discuss returning to play with the coach.

Do not progress until the following is achieved:

- Coaches make sure that the athlete has regained their pre-injury skill-level.
- The child or teen is confident in their ability to return to play.



100%
EFFORT

STEP 6 RETURN TO FULL ACTIVITY/COMPETITION.