

Return to Play

When your child returns to play following a concussion they should follow a stepwise progression back into full participation of their sport. A healthcare provider experienced in managing concussions should over-see this progression. Recent research supports light, symptom-limited physical activity early in the recovery process.

STEP ONE

Limited Activity

May participate in light activity that does not significantly worsen symptoms.

Light walking, stretching, stationary bike with low resistance

STEP TWO

Light Aerobic Exercise

May participate in activities with the goal of increasing your heart rate. No resistance training.

Walking, easy running, swimming, sit-ups/push-ups/lunge walks

STEP THREE

Sport Specific Exercise

May participate in activities with the goal of adding more sport-specific movement. Still no head contact.

Agility drills, running and short sprints

STEP FOUR

Non-Contact Training Drills

May participate in activities with the goal of increasing coordination and cognitive demand.

High exertion drills, complex training drills, sport-specific drills, progressive resistance training

STEP FIVE

Full Contact Practice, Controlled

May participate in activities with the goal of restoring your confidence and allowing assessment of functional skill.

Controlled contact drills, controlled scrimmage and game simulation

STEP SIX (MEDICAL CLEARANCE)

Return to Play

Return to full, unrestricted participation, including competition play. Your child's healthcare provider should provide written clearance in compliance with state laws and regulations.