

Return To Play Protocol

You must have written physician (MD/DO) clearance to begin and progress through the following Stages as outlined below (or as otherwise directed by physician).				
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	No physical activity for at least 2 full symptom-free days AFTER you have seen a physician	No activities requiring exertion (weight lifting, jogging, P.E. classes)	Recovery and elimination of symptoms
	II-A	Light aerobic activity	<ul style="list-style-type: none"> • 10-15 minutes of walking or stationary biking • Must be performed under direct supervision by designated individual 	<ul style="list-style-type: none"> • Increase heart rate to no more than 50% of perceived max. exertion (e.g., < 100 beats per minute) • Monitor for symptom return
	II-B	Moderate aerobic activity Light resistance training	<ul style="list-style-type: none"> • 20-30 minutes jogging or stationary biking • Body weight exercises (squats, planks, push-ups), max 1 set of 10, no more than 10 min total 	<ul style="list-style-type: none"> • Increase heart rate to 50-75% max. exertion (e.g., 100-150 bpm) • Monitor for symptom return
	II-C	Strenuous aerobic activity Moderate resistance training	<ul style="list-style-type: none"> • 30-45 minutes running or stationary biking • Weight lifting ≤ 50% of max weight 	<ul style="list-style-type: none"> • Increase heart rate to > 75% max. exertion • Monitor for symptom return
	II-D	Non-contact training with sport-specific drills No restrictions for weightlifting	<ul style="list-style-type: none"> • Non-contact drills, sport-specific activities (cutting, jumping, sprinting) • No contact with people, padding or the floor/mat 	<ul style="list-style-type: none"> • Add total body movement • Monitor for symptom return
Minimum of 6 days to pass Stages I and II. Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor.				
	III	Limited contact practice Full contact practice	<ul style="list-style-type: none"> • Controlled contact drills allowed (no scrimmaging) • Return to normal training (with contact) 	<ul style="list-style-type: none"> • Increase acceleration, deceleration and rotational forces • Restore confidence, assess readiness for return to play • Monitor for symptom return
MANDATORY: You must complete at least ONE contact practice before return to competition. (Highly recommend that Stage III be divided into 2 contact practice days as outlined above.)				
	IV	Return to play (competition)	Normal game play	Return to full sports activity without restrictions

Athlete's Name: _____ Date of Concussion Diagnosis: _____