

Stepwise Return to Play Protocols

A Key piece of this progression is that if symptoms return at any level, the student-athlete stops and must return to that same stage after resting for one or more days. Progress is **ONE** stage per day.

ImPACT re-test can be administered when the athlete has been symptom free for 24 hours.

| Rehabilitation Stage | Functional activity level at each stage of Rehabilitation | Objective of Each Stage |
|---|---|---|
| 1. No activity | Complete physical and cognitive rest until athlete is symptom free for 24 hours. | Cognitive recovery includes academic modifications. Also screen time should be avoided. |
| 2. Resume light activity after receiving medical release | A. Student returns to school full-time. B. Athlete may begin supervised light activity. | Increase intellectual and physical challenges. |
| 3. Sport-specific exercise | Moderate level (HR < 160 bpm) controlled drills: NON-CONTACT! | Add movement and light to moderate skill work. |
| 4. Non-contact training drills | Progression to more complex training drills. Exs: passing drills; changes in directions; sprints; may start progressive resistance training | Increase exercise intensity, coordination, and cognitive load. |
| 5. Full participation in practices (includes contact) – Clearance from Doctor required | After receiving medical clearance , participate in normal training activities | Restore athlete's confidence; coaching staff assesses functional skills. |
| 6. Return to play | Normal game play | Recovery is complete. |

