

Return to Play Criteria following a Concussion

Progression will be as follows:

Date - Initials

Stage 1: Light aerobic activity (10-15 minutes)

- Brisk Walking, Stationary Bike, Elliptical

Symptoms: _____

Stage 2: Moderate aerobic activity and conditioning exercises (15-30 minutes)

- Jogging, Running drills, Sport Specific drills
- Body Wt Circuits – push ups, squats, sit ups, RDLs, planks, bridges, etc.
- NO heading drills or activities
- Light resistance training allowed with reduced: wt, intensity & volume
- <80% Max Predicted HR, RPE 4-6

Symptoms: _____

Stage 3: Intense aerobic activity, sport-specific skills & drills (30-50 minutes)

- Running, sprinting, full resistant training
- Plyometrics, complex training drills, passing drills, agility drills
- <90% Max Predicted HR, RPE 6-8

Symptoms: _____

Stage 4: Full contact practice with team

- Following medical clearance, normal training activities while monitored for symptoms
- Up to 100% Max Predicted HR, RPE 8-10

Symptoms: _____

Stage 5: Return to Play

If symptoms recur the athlete should rest until they resolve once again & then resume at previous asymptomatic stage. There should be at least 24 hours for each stage.



How do you feel?

Concussion Grading

Scale: None=0 Mild = 1 or 2 Moderate = 3 or 4 Severe = 5 or 6

STAGE:							
DATE TESTED:							
<u>SYMPTOM LIST</u>							
Headache							
“Pressure in head”							
Neck Pain							
Nausea or vomiting							
Dizziness							
Blurred or Double Vision							
Balance Problems							
Sensitivity to Light							
Sensitivity to Noise							
Feeling slowed down							
Feeling like “in a fog”							
“Don’t feel right”							
Difficulty concentrating							
Difficulty remembering							
Fatigue or low energy							
Confusion							
Drowsiness							
Trouble falling asleep							
More emotional							
Irritability							
Sadness							
Nervous or Anxious							
TOTAL SYMPTOM SCORE:							