



Graduated Return to Play Protocol

1. NO ACTIVITY (RECOVERY) <i>Complete Physical and Cognitive Rest until Medical Clearance</i>	2. LIGHT AEROBIC EXERCISE (INCREASE HEART RATE) <i>Walking, Swimming, Stationary Cycling,</i> Heart Rate <70% - 15 min	3. SPORT SPECIFIC EXERCISE (ADD MOVEMENT) <i>Skating Drills (Ice Hockey), Running Drills (Soccer, etc)</i> NO Head Impact Activities Heart Rate <80% - 45 min	4. NON-CONTACT TRAINING DRILLS (INCREASED EXERCISE COORDINATION & ATTENTION) <i>Progress to Complex Training Drills (e.g., Passing Drills, etc)</i> May Start Resistance Training Heart Rate <90% - 60 Min	5. FULL CONTACT PRACTICE (RESTORE CONFIDENCE & ASSESS FUNCTIONAL SKILLS) <i>If Symptom Free, Return to Normal Training Activities</i>
Symptom Free for 24 Hours? Yes: Begin Step 2 No: Continue Resting	Symptom Free for 24 Hours? Yes: Begin Step 3 No: Rest Further Until Symptom Free	Symptom Free for 24 Hours? Yes: Begin Step 4 No: Return to Step 2 until Symptom Free	Symptom Free for 24 Hours? Yes: Begin Step 5 No: Return to Step 3 until Symptom Free	Symptom Free for 24 Hours? Yes: Return to Play No: Return to Step 4 until Symptom Free
Date Attained:	Date Attained:	Date Attained:	Date Attained:	Date Attained:
Reference: Consensus Statement on Concussion in Sport: the 3rd International Conference on Concussion in Sport held in Zurich (2008), Br J of Sports Med 2009; 43: i76-i84 doi:				