



4070 Butler Pike, Ste. 100 • Plymouth Meeting, PA 19462

RETURN TO PLAY - CONCUSSION

Once the athlete sustains a concussion, it is important for them to be cleared by a trained physician before returning to activity.

They cannot return to sport unless:

1. You have a clearance note from a physician stating they are able to return to full activity.
2. They have completed Steps 1-3 prior to their first practice.
 - a. *An example of this process is outlined below.*
 - i. Each step of this process should be done 1 day after the last. If signs or symptoms returning, the athlete should rest until symptom free, then return to the previous stage. If the athlete is unable to move past a step, they should return to their physician.

It's important to remember an athlete MUST have a FULL contact practice prior to playing in a game.

Step	Exercise
1	<p><i>Light Aerobic Activity</i> <u>Goal:</u> Initial movement and increase heart rate <u>Restrictions:</u> No jogging/running; no resistance training <u>Activity:</u> Stationary bike, walking, 15-20 minutes total;</p>
2	<p><i>Sport Specific Exercise</i> <u>Goal:</u> Add multidirectional movement, head movement; <u>Restrictions:</u> No sprinting, resistance training, contact exercises <u>Activity:</u> body weight exercises; jogging;</p>
3	<p><i>Non-Contact Training Drills</i> <u>Goal:</u> complex training drills, coordination, cognition <u>Restrictions:</u> NO CONTACT, no heading <u>Activity:</u> Running drills, footwork drills, cardio stations and agility drills; Begin Resistance Training;</p>
4	<p><i>Full Contact Practice</i> <u>Goal:</u> Restore confidence and assess functional skills by coaching staff <u>Restrictions:</u> First practice back- allow breaks as needed <u>Activity:</u> normal training activity</p>
5	<p><i>Game Day/ Continue full practice</i> <u>Goal:</u> integrate athlete back into game play <u>Restrictions:</u> None <u>Activity:</u> Game Play; If 6th day is not on game day, continue with unrestricted practice.</p>