

POST CONCUSSION RETURN TO PLAY GUIDELINES

Return to Play Guidelines:

Each level should take 24 hours with the athlete asymptomatic (symptom free) before moving to the next level in the progression. If any symptoms occur during the progression, the athlete should drop back to the previous level and try to complete that level after a 24 hour rest period. The progression levels are listed below:

1. Complete rest until the athlete is 100% symptom free
2. Light aerobic exercise (less than 70% of maximum heart rate) (walking, stationary biking) without resistance training (220-age = maximum heart rate)
3. Sport specific exercise (drills specific to athlete's sport)
4. Non-contact training drills, (more intense sport drills with no contact from other players), as well as light resistance training
5. Full contact practice (following medical clearance)
6. Return to play (normal game play)