



### Gradual Return to Sports Participation Program Following a Concussion

After a student-athlete has sustained a concussion they will be started on a supervised Gradual Return to Sports Participation Program only after they have received written medical clearance from the licensed health care provider (see Form #2). Ideally the program will be supervised by the school certified athletic trainer (ATC).

Rehabilitation Stage	Functional Exercise	Objective of Stage
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic activity	Walking, swimming, stationary cycling keeping intensity <70% maximum heart rate; no resistance exercises	Increase heart rate
3. Sport-specific exercise	Specific sport-related drills but no head impact	Add movement
4. Noncontact training drills	More complex training drills; may start light resistance training	Exercise, coordination, cognitive load
5. Full-contact practice	After medical clearance, participate in normal training	Restore confidence and assess functional skills by coaches
6. Return to play	Normal game play	

(Adapted from 2010 AAP Sport-Related Concussion in Children and Adolescents; 2008 Zurich Concussion in Sport Group Consensus)

Each stage in concussion rehabilitation should last no less than 24 hours with a minimum of 5 days required after activity is started to consider a full return to competition. If symptoms recur during the rehabilitation program, the student-athlete should stop immediately. Once asymptomatic after at least another 24 hours, the student-athlete should resume at the previous asymptomatic level and try to progress again. Student-athletes must contact their licensed health care provider if symptoms recur. Any student-athlete with multiple concussions or prolonged symptoms may require a longer concussion-rehabilitation program, which is ideally created by a physician who is experienced in concussion management.

Prior to any contact practice the student-athlete will be given a post-injury ImPACT test that will be interpreted by a physician knowledgeable in concussion management. The ImPACT results will be used in conjunction with the entire history and assessment to help determine “return to play” status.

As each sports concussion is unique, the concussion management plan will be individualized for each student-athlete. The ultimate goal of the concussion program is to allow a safe return to play and minimizing any long-term health problems from a concussion.



Patient Name: \_\_\_\_\_ Date of Evaluation: \_\_\_\_\_

The student-athlete named above has suffered a concussion and may not return to ANY contact sport activity (practice, games, contact drills, conditioning) until cleared by this clinic. Please see below for permitted levels of exertion:

\_\_\_\_\_ No physical exertion until next clinic visit

\_\_\_\_\_ No physical exertion until \_\_\_\_\_.

1) If student-athlete is symptom free on the above date he/she can begin low levels of physical exertion. **This includes walking, light jogging, and light stationary biking (heart rate <70% max)**

- If symptoms return with low level activity, stop all physical activity for 24 hours then re-attempt low level activity.
- If symptom free, continue with low levels of physical exertion until \_\_\_\_\_.

2) If student-athlete remains symptom free, begin moderate levels of physical exertion. **This includes moderate jogging/brief running, moderate-intensity stationary biking, light weightlifting (reduced time and reduced weight from your typical routine), sport-specific exercise (e.g., running drills in soccer), but NO head impact.**

- If symptoms return with moderate level activity, then stop all physical activity for 24 hours and return to low level activities.
- If symptom free, continue with moderate levels of physical exertion until \_\_\_\_\_.

3) If student-athlete is symptom free, begin high levels of physical exertion. **This includes sprinting/running, high-intensity stationary biking, and regular weightlifting routine, non-contact sport-specific drills (e.g., passing drills in football).**

- If symptoms return with high level activity, then stop all physical activity for 24 hours and return to moderate level activities.
- If symptom free, continue with high levels of physical exertion until \_\_\_\_\_.

4) If student-athlete is symptom free, begin **full contact training**.

- If symptoms return with full contact training then stop all physical activity for 24 hours and return to high level activities.

5) If student-athlete is **symptom free for 24-48 hours he/she can return to full sports participation**

*Additional Recommendations and Special Instructions:*

\_\_\_\_\_  
*Signature and printed name and title of licensed health care provider*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Time*