#### Graduated Return to Play Protocol

#### STAGE 1 No Activity

Recovery

 Limited Physcial & Cognitive Rest Based on Symptoms

Symptom Free for 24 Hours?

YES: Begin Stage 2

NO: Continue Resting

Date Attained:

# STAGE 2 Light Aerobic Exercise

Increase Heart Rate

- Aerobic Activity at <70% Max Heart Rate
- No Resistance
   Training

Symptom Free for 24 Hours?

YES: Begin Stage 3

NO: Return to Stage 1

Date Attained:

### STAGE 3 Sport-Specific Exercise

**Add Movement** 

- Basic Sport-Specific Drills (i.e. Skating and Running Drills)
- No Head-Impact Activities

Symptom Free for 24 Hours?

<u>YES</u>: Begin Stage 4

NO: Return to Stage 2

Date Attained:

# STAGE 4 Non-Contact Training Drills

Increase Exercise, Coordination, & Cognitive Load

- More Complex Training Drills
- May Start Progressive Resistance
   Training

Symptom Free for 24 Hours?

<u>YES</u>: Begin Stage 5

NO: Return to Stage 3

Date Attained:

#### STAGE 5 Full-Contact Practice

Restore Confidence & Assess
Functional Skills
By Coaching Staff

 Following Medical Clearance, Participate in Normal Training Activities

#### STAGE 6 Return To Play

No Restrictions

Resume NormalGame Play

Symptom Free for 24 Hours?

<u>YES</u>: Begin Stage 6

NO: Return to Stage 4

Date Attained:

Symptom Free for 24 Hours?

YES: Normal Play

NO: Return to Stage 5

Date Attained:

The healthcare professional should give the responsibility of the graduated RTP steps over only to a trained professional such as an ATC, PT or should teach the parents. A coach, school nurse, or PE teacher does NOT need to be responsible for taking concussed students/athletes through these steps. Early introduction of physical exertion should only be conducted in a supervised environment by trained professionals.