



Graduated Return to Play Protocol

<p>1. NO ACTIVITY (RECOVERY)</p> <p><i>Complete Physical and Cognitive Rest until Medical Clearance</i></p>	<p>2. LIGHT AEROBIC EXERCISE (INCREASE HEART RATE)</p> <p><i>Walking, Swimming, Stationary Cycling</i></p> <p>Heart Rate <70% - 15 min</p>	<p>3. SPORT SPECIFIC EXERCISE (ADD MOVEMENT)</p> <p><i>Skating Drills (Ice Hockey), Running Drills (Soccer, etc)</i></p> <p><i>NO Head Impact Activities</i></p> <p>Heart Rate <80% - 45 min</p>	<p>4. NON-CONTACT TRAINING DRILLS (INCREASED EXERCISE, COORDINATION & ATTENTION)</p> <p><i>Progress to Complex Training Drills (e.g., Passing Drills, etc)</i></p> <p><i>May Start Resistance Training</i></p> <p>Heart Rate <90% - 60 min</p>	<p>5. FULL CONTACT PRACTICE (RESTORE CONFIDENCE & ASSESS FUNCTIONAL SKILLS)</p> <p><i>If Symptom Free, Return to Normal Training Activities</i></p>
Symptom Free for 24 Hours?	Symptom Free for Next 24 hours?	Symptom Free for Next 24 Hours?	Symptom Free for Next 24 Hours?	Symptom Free Next 24 Hours?
Yes: Begin Step 2	Yes: Move to Step 3	Yes: Move to Step 4	Yes: Move to Step 5	Yes: Return to Play
No: Continue Resting	No: Rest Further until Symptom Free	No: Return to Step 2 until Symptom Free	No: Return to Step 3 until Symptom Free	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:10.1136/bjsm.2009.058248