



## RETURN TO SPORT PROGRESSION: CONCUSSION

The athlete must pass all clinical tests and be cleared by sports medicine medical provider before beginning Return to Play Protocol following Concussion.

Exertion plays a significant role in concussion management and once an athlete is release to begin exertional activities it is very important that appropriate guidelines are followed. During this protocol it is very important to have the athlete monitored by an individual who can detect if symptoms return (i.e. headache, dizziness, nausea.) If symptoms return at any time during this protocol, the activity of the day should be discontinued and the athlete should not reengage in the activity until symptoms resolve for at least 24 hours. We request that the protocol below be followed and please contact the medical provider if you have any questions or concerns.

<b>Aerobic</b>	
<b>Level 1</b>	Non- pounding activity for 15-20 minutes (i.e. Stationary biking or walking)
<b>Level 2</b>	Pounding activity for 15-20 minutes (i.e. Jogging, treadmill, or elliptical)
<b>Sport Specific (Non-Contact)</b>	
<b>Level 3</b>	Sport related drills and conditioning Strength training, running, sprinting, agility (Activities that do not require protective equipment)
<b>Level 4</b>	Full participation in practice without contact from other players/ teammates (Activities that do require protective equipment)
<b>Sport Specific (Contact)</b>	
<b>Level 5</b>	Full participation in practice with contact
<b>Level 6</b>	Return to game play