HOW TO RETURN TO SPORT

- Studies show there may be a longer recovery time for younger athletes and adolescents compared to college age athletes.
- Need 48 hours of relative physical and cognitive (academic) rest before beginning this program, and only with your Health Care Providers clearance.
- Do only 1 Step per 24 hours. If symptoms worsen return to the previous step for 24 hours and if symptoms reside then continue to the next step.

Graduated Return to Sports Program:

Step 1: Daily activity that does not worsen symptoms.

Step 2: Light exercise such as walking or stationary bike at slow to medium pace; no weight lifting or resistance training.

*If fully participating in school with full academic workload and no symptoms with step 2, ok to go to step 3. Remember to take at least 24 hours for each step.*

Step 3: Sport specific exercise, running or skating; no activities with risk of head impact.

Step 4: Non-contact drills, passing drills or team drills. Begin progressive resistance training.

DO NOT GO TO STEP 5 UNLESS CLEARED BY YOUR PHYSICIAN OR CERTIFIED ATHLETIC TRAINER.

Step 5: Full contact practice **only after medical clearance given.**

Step 6: Return to sport. Normal game play.

- If symptoms are still occurring 4 weeks after program, see your doctor or concussion clinic specialist.
- No return to contact, collision, or increased risk activities until symptoms of concussion resolved AND a return to sports program has been completed.

PREMATURE RETURN TO CONTACT SPORTS INCREASES RISK OF MORE SEVERE BRAIN INJURY, REPEAT INJURY, AND PROLONGUED RECOVERY.

Take your child/teen to the ER or call 911 if: Your child has a change of mental status, is confused, dizzy, extremely irritable or having bizarre behavior, slurring words, seizure, difficulty walking, vomiting, or severe, worsening headache.