

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.