

Concussion Management: Return to play Guidelines

- 1) Athletes should not be returned to play the same day of injury.
- 2) When returning athletes to play, they should follow a stepwise
- 3) symptom-limited program, with stages of progression. For example:
 - a) rest until asymptomatic (physical and mental rest)
 - b) light aerobic exercise (e.g. stationary cycle)
 - c) sport-specific exercise
 - d) non-contact training drills (start light resistance training)
 - e) full contact training after medical clearance
 - f) return to competition (game play)
- 4) There should be approximately 24 hours (or longer) for each stage
- 5) and the athlete should return to stage 1 if symptoms recur. Resistance
- 6) training should only be added in the later stages.
- 7) **Medical clearance should be given before return to play.**