

Stepwise Return to Play Following Concussion

1. No activity and rest until asymptomatic
2. Return to normal classroom participation (see Return to Learn Protocol) and Neurocognitive testing
3. Obtain written release from treating physician (Concussion Oversight Team)
4. Light aerobic exercise
 - a. Bike
 - b. Elliptical
 - c. Incorporate head movement with exercise (using medicine balls, throwing-catching activities, etc.)
5. Sport-specific training
 - a. Jogging
 - b. Sprinting
 - c. Agility
6. Noncontact drills
 - a. Begin without helmet
 - b. Progress to wearing helmet
7. Full-contact drills
8. Game play
 - a. Must complete no fewer than 1 full-contact practice asymptotically before returning to competition
 - b. First full-contact activity may not be during game play

*Developed and Adapted from the UPMC Return to play following sports-related concussion (M. Lovell et al / *Clin Sports Med* 23 (2004) 421–441)