

Concussion Return-To-Play Step Progression

If your son/daughter has been diagnosed with a concussion, it is recommended they follow this return to play protocol. This document is pertinent to general concussion protocol as set forth by the WIAA, however, it is ultimately up to the health care provider (Physician or Licensed Athletic Trainer) as to how long the protocol will last.

During this progression, the athlete may proceed to the next step if asymptomatic at the current level. Each step will be completed over a 24 to 48 hour period. If any post concussion symptoms occur, the athlete should stop immediately and report to the athletic trainer or coach. It is at this point that the athlete will begin again at level one after asymptomatic for 24 hours. The progression will continue this way until completed.

The progression will take longer for contact sports such as football/hockey with equipment covering the shoulders/head (an additional day may be added between Day 3 & 4) or if the athlete has had a prior concussion.

ATHLETE'S NAME _____

DATE OF CONCUSSION _____ PRIOR CONCUSSION: YES NO

INITIAL SYMPTOMS _____

_____ No activity with complete physical and cognitive rest. Little or no "screen time" (TV, computer, texting, video games, etc). Once asymptomatic for 24-48 hours without the use of pain relievers (Tylenol, Ibuprofen, etc), proceed to next step.

_____ **STEP 1:** Light aerobic exercise such as walking or stationary cycling for 15-20 minutes; no resistance training.

_____ **STEP 2:** Increased aerobic exercise and sport specific training with no contact (i.e. skating in hockey, running in soccer) for 30 minutes. This may include interval training of running and sprints, sit-ups, push-ups, jumping jacks, etc.

_____ **STEP 3:** Non-contact training drills specific with team (i.e. passing routes, shooting drills, etc) and progressive addition of weight training.

_____ **STEP 4:** Full contact training **AFTER MEDICAL CLEARANCE.**

_____ **STEP 5:** Return to game play.

***Please contact your Athletic Trainer, Missy Hansen, with any questions:
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