

SAINT IGNATIUS
WILDCATS



**Saint Ignatius High School Sports Medicine
Traumatic Brain Injuries (TBI)/Concussion Injuries
5 day Return to Play Protocol**

Return to Play

1. An athlete may not return to any sports activity until:
 - **He is symptom free for at least 24 hours.**
 - ImPACT neurocognitive testing is within normal limits as determined by the Athletic Trainer and/or team physician.
 - Written clearance is provided by the Athletic Trainer, team physician or a sports medicine physician.
 - Discontinued all use of any medication that had been required to treat headache, nausea, dizziness, and sleep disturbances secondary to concussion
2. Once the above has occurred, the following progression will be used to return an athlete to full participation. The shortest time period between steps is 24 hours, but each step may take longer based on the length of symptoms and complexity of recovery.
 - **Step 1** – low level of non-contact physical activity for 20-30 minutes (such as stationary bike).
 - **Step 2** – non-contact sport-specific exercise; no head impact activities
 - **Step 3** – non-contact training drills; resistance training
 - **Step 4** – full contact, normal training activities, practice
 - **Step 5** – normal game play
 - Progression should not be any faster than one step every 24 hours.
3. If any symptoms develop during the progression, the athlete should stop activity and report to the Athletic Trainer.