

Return to Play Progression

Step 1: Rest

No physical activity while symptomatic.

This means any symptoms such as headache, blurred vision, brain fog etc. If in doubt, sit them out and/or contact a healthcare professional. Headaches, and vision or light sensitivities are non starters for activity.

Step 2 (Phase 1): Light Aerobic Activity

Once asymptomatic, athletes can begin light aerobic activity.

Symptoms must be gone for at least 24 hours. Light aerobic activity in practice is the warm up, with conditioning drills at a slower pace at the end. During practice while others are drilling/playing, they can work with a healthcare professional or do some squats, planks, run a few laps. Essentially, it is important to get their heart rate up but nothing at max speed. Ensure to ask athletes about symptoms.

Step 3 (Phase 2): Moderate Activity

Sport-specific exercise.

This includes all drills that do not involve contact. They should perform with no pads or helmet. They can run routes, or throw if they are a QB. If they are linemen, they can go through their movements but they can't hit a sled, pads or a teammate.

Step 4: Phase 3: Heavy, Non-contact

Practice in pads and helmet.

No- contact in this context means against another teammate. They can hit pads, tackle a dummy, sled, etc. No tackling others.

Step 5 (Phase 4): Full Contact

In drills in pads and helmet.

Opportunity to have a full go at practice.

Step 6: Cleared for Competition

If athlete experiences symptoms during these phases, they rest for 24 hours then drop back to the last phase they were symptomatic.

What are return to play decisions based upon?

- The absence of symptoms with a graded and step-wise exercise progression
- The results of subsequent ImPact tests and your child's ability to return to baseline levels
- Coordinated communication between your child's medical provider and our team

What does a concussion evaluation & medical screening look at?

Below is a brief overview of what our concussion care program consists of a thorough medical screening and physical examination which will assess the following areas:

- Cognitive function
- Oculomotor (eye muscle) function
- Affective (emotional) status
- Cervical spine (neck)
- Headache symptoms
- Cardiovascular system
- Vestibular system (inner ear)