

The 5 Stage Return to Play Program

Documentation for post-concussion return-to-play progressions

Prior to initiating this 6 stage return to play program students must have returned to full academics without accommodations. Neurocognitive tested students should be re-tested prior to returning to play. Please list symptoms, dates, and activities performed. Any return of symptoms warrants returning to the previous asymptomatic stage.

Student Name: _____ Date of Injury: _____

Physician Name: _____ Sport: _____

Stage 1 - Light aerobic activity for 30 minutes. Walking, light jogging or stationary bike. No resistance training. No heavy exertion.

ATC _____ Athlete _____

Stage 2 - Non contact drills/agility/sports specific activities for 30-60 minutes.

ATC _____ Athlete _____

Stage 3 - Light contact training. Resume body contact drills, limit direct head contact (tackle drills in football, heading in soccer, checking in hockey). Wear helmet if appropriate, light resistance training and weight lifting.

ATC _____ Athlete _____

Stage 4 - Full practice or participation with contact

ATC _____ Athlete _____

Stage 5 - Full return to activity. Game participation.

ATC _____ Athlete _____

Additional Comments:

Parent Communications:

ATC Signature: _____ Date: _____