

The 6 Stage Return to Play Program

Documentation for post-concussion return-to-play progressions

**Mild and brief exacerbation of symptoms = an increase of ≤ 2 points on a 0-10 scale for < 1 hour when compared with baseline value reported before physical activity. Athletes may begin step 1 within 24 hours of injury, with progression through each subsequent step typically taking more than 24 hours. If more than mild exacerbation of symptoms occurs during steps 1-3, the athlete should stop and attempt to exercise the next day. Athletes experiencing concussion-related symptoms during steps 4-6 should return to step 3 to establish full symptom resolution with exercise before engaging in at-risk activities. Written medical clearance should be provided by a healthcare provider before beginning steps 4-6.*

Student Name: _____ Date of Injury: _____ Sport: _____

Stage 1 - Symptom-limited activity. Daily activities that do not exacerbate symptoms (i.e. walking).
Gradual reintroduction of work or school.

ATC notes _____

Stage 2 - Aerobic exercise. Stationary cycling or walking at a slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation* of symptoms.

ATC notes _____

Stage 3 - Individual sport-specific exercise. Sport-specific training away from the team environment (i.e. running, change of direction and/or individual training drills away from the team). No activities that risk head impact.

ATC notes _____

Stage 4 - Non Contact training drills. Exercise to high intensity, including more challenging training drills (i.e. passing drills, multiplayer training) that can integrate into a team environment.

ATC notes _____

Stage 5 - Full-contact practice. Participate in normal training activities.

ATC notes _____

Stage 6 - Return to sport. Normal game play.

ATC notes _____

Fully cleared on: _____