

Concussion Graduated "Return to Play" Protocol

Complete rest from physical activity—until asymptomatic for 24 hours

Stage 1– Light Aerobic Exercise – walking, swimming, stationary cycling.

Exertion Level: 30-40% of maximum exertion / HR range 100-140 / RPE range 3-4.

Duration: 20 minutes

If asymptomatic after 1 day(s) of exertion can progress to next stage after 24 hours.

Stage 2–Sport-Specific Exercise – moderate running, skating, or weight training.

Exertion Level: 40-60% of maximum exertion / HR range 120-160 / RPE range 4-6.

Duration: 30 minutes

If asymptomatic after 1 day(s) of exertion can progress to next stage after 24 hours.

Stage 3– Non-Contact Training Drills – sprinting/running, full weight training.

Should include sport specific non contact drills, that include changing direction and levels. Exertion Level: 60-80% of maximum exertion / HR range 140-180 / RPE range 6-8. Duration: 30-60 minutes

If asymptomatic after 1 day(s) of exertion can progress to next stage after 24 hours.

Stage 4– Full Contact Practice – resume normal training activities.

Exertion Level: 80-100% of maximum exertion / HR range 160-200 / RPE range 8-10.

Duration: full practice

If asymptomatic after 1 day(s) of exertion can progress to next stage after 24 hours.

Stage 5-Cleared for return to play.

Please note

- Each stage is to take at least 24 hours, but longer in recurrent or severe cases.
- Each stage should be completed without a return of concussive symptoms before proceeding to the next stage.
- If the athlete becomes symptomatic during the course of the protocol, he or she should be reevaluated by a health care provider for clearance before restarting the protocol. When the athlete restarts the protocol, he or she needs to begin again at stage 1.
- RPE is an abbreviation for Rating of Perceived Exertion. It should be measured on a scale from 1 to 10.