

## Graded Return to Physical Activity Following a Concussion Soccer Specific Return Protocol

Stage	Objective	
Stage 1 Symptom-Limited Activity	Rest and Recovery	<ul style="list-style-type: none"> <li>May participate in low intensity physical and cognitive activity limited for symptoms (15-30 minutes of low to moderate aerobic activity daily as tolerated, stopping for any increase in symptoms).</li> </ul>
Stage 2 Light Aerobic Activity	Increase Heart Rate  30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> <li>20 Minute walk or stationary bike without resistance.</li> </ul>
Stage 3 Sport-Specific Exercises	Add Movement  60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> <li>20-30 minute jog or stationary bike with resistance.</li> <li>2x10 lunges.</li> <li>2x10 sit ups.</li> <li>2x10 push-ups.</li> <li>Practice individual drills x 15 minutes: can include juggling, cone drills, penalty/goal/corner kicks, sprints, and backpedaling. <b>NO HEADERS OR DIVING FOR BALL! NO GOALIE PLAY!</b></li> </ul>
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load  80% Maximum Heart Rate	<ul style="list-style-type: none"> <li>Warm up (jogging &amp; stretching) x 10-20 minutes.</li> <li>May participate in Non-Contact practice with teammates for 45 minutes. The may include drills from stage 3, but <b>NO TOUCHING ANOTHER PERSON, NO HEADERS, NO DIVING FOR BALL AND NO GOALIE PLAY!</b></li> <li>Burpees with a jump x 10.</li> </ul> <p style="text-align: center;"><i><b>If conditioning, can resume 50% previous weight.</b></i></p>
Medical Evaluation		
Stage 5 Full-Contact Practice	Restore Confidence and Assess Functional Skills by Coaching Staff  Reach Full Exertion	<ul style="list-style-type: none"> <li>Full contact practice, including headers, dives and goalie play.</li> </ul> <p style="text-align: center;"><i><b>If conditioning, may resume 100% previous weight.</b></i></p>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> <li>Full participation in competition.</li> </ul>