

Graded Return to Physical Activity Following a Concussion
Football Specific Return Protocol

Stage	Objective	
Stage 1 Symptom-Limited Activity	Rest and Recovery	<ul style="list-style-type: none"> 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).
Stage 2 Light Aerobic Activity	Increase Heart Rate 30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> 20 Minute walk or stationary bike without resistance.
Stage 3 Sport-Specific Exercises	Add Movement 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> 20-30 minute jog or stationary bike with resistance. 2x10 lunges. 2x10 sit ups. 2x10 push-ups. Practice individual drills x 15 minutes: can include tire running/high knees, sprint ladder, 40 yard sprints, throwing/kicking the football. Can receive football, but only low passes (below shoulder height). MUST WEAR HELMET AND BE VISIBLY MARKED AS A NON CONTACT PLAYER!
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Warm up (jogging & stretching) x 10-20 minutes. May participate in Non-Contact team drills x 45 minutes as defined in stage 3. NO HITS! NO TOUCHING ANOTHER PERSON/BLOCKING DUMMIES! MUST WEAR HELMET AND BE VISIBLY MARKED AS A NON CONTACT PLAYER! Burpees with a jump x 15. <p style="text-align: center;"><i>If conditioning, can resume 50% previous weight.</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"> Full contact practice. May resume hits to blocking dummies & teammates. Wear helmet and pads as normal. Coaches may choose to limit contact and visibly designate player as a low contact player. <p style="text-align: center;"><i>If conditioning, may resume 100% previous weight.</i></p>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> Full participation in competition.

