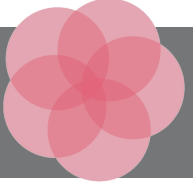


Return to Activity Protocols



Return to Physical Activity/Sport Protocol:

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
Light activities (1-2 days max)	Aerobic exercise	Sport-specific physical activities and training exercises	Non-contact activities and sports training drills	All non-competitive activities and full contact practices	Full participation in all sport activities including competition
Activities at home such as social interactions and light walking. No screentime.	Walking, jogging, cycling on a stationary bike, light resistance training. Symptoms are expected and may mildly increase. Aim for 20-30 minutes at a time. Take a break if moderate or severe increase in symptoms.	Running, changing direction, individual training drills, individual gym class activities, increased resistance training as tolerated. Symptoms may mildly increase.	Multiplayer training, high-intensity exercises, supervised non-contact gym class activities, sport practices without body contact.	Higher risk activities, all school gym class activities, full-contact sports practices and scrimmages. Avoid competitive gameplay.	Unrestricted competitive gameplay and all physical activities.
No team sports or activities that have any risk of head impact, collision, or falling.			These steps are only permitted if a person has medical clearance from a Doctor and has completed step 4 of Return to School.		
Goal: Take more rest if needed in first 1-2 days. Avoid sports. Gentle activity is encouraged.	Goal: Increase heart rate to treat concussion. Gradually increase the intensity of aerobic activities as tolerated.	Goal: Increase intensity of aerobic exercises, start low-risk sport-specific movement.	Goal: Resume usual intensity of exercise to full exertion <u>without</u> body contact.	Goal: Adjust to full contact game play and higher risk/high speed activities	Goal: Resume full activities and competitions

Return to School and Work Protocol:

Step 1	Step 2	Step 3	Step 4
Light activities (1-2 days max)	School and work activities (in-person or at home) as tolerated	Return to part-time or full-day school/work with support	Return to full school activities (full academic load)
Activities at home such as social interactions, light walking, board games, talking on the phone, crafts. No screened devices. No driving a motor vehicle. Contact school or work to make a return plan.	Reading, some screened devices (if tolerated), other cognitive activities at school or at home that can be tolerated. Return to in-person school/work for partial or full days as soon as possible with accommodations to tolerate the symptoms as required.	Gradually reduce accommodations and increase workload until full day in-person school/work can be tolerated. Accommodations should be tailored to the current symptoms. Examples: light homework, low cognitive burden work tasks, extra time for tasks.	Full days at school/work, no concussion-related accommodations required. Full activities including regular homework and testing.
Medical clearance is not required to return to school and participate in low-risk school activities (activities that do not have a risk of head injury/falling/collisions).			

Instructions: Step 1 of both protocols should be started at the same time immediately after injury. Step 1 should last a maximum of 2 days, then proceed to step 2. Return to activity/sport: Move from steps 2 to 3 as long as symptoms are tolerated, it is expected that some symptoms may still be present. Steps 3-6 and resuming any work or school-related activity with a risk of head injury, falling, or colliding requires medical clearance from a doctor; returning too early to high-risk physical activities increases the risk of another injury and may slow recovery.