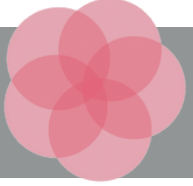


# Return to Activity Protocols



## 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.
<b>No team sports or activities that have any risk of head impact, collision, or falling.</b>			<b>These steps are only permitted if a person has medical clearance from a Doctor and has completed step 4 of Return to School.</b>		
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/work 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.
<b>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).</b>			

**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.