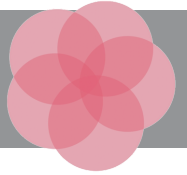


Return to Activity Protocols



Return to Physical Activity/Sport Protocol:

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
Rest (1-2 days max)	Light physical activity	Sport-specific physical activity	Non-contact drills and full aerobic activity	Full contact practice (No competition)	Full participation in all sport activities including competition
Calm/quiet activities around the home that do not worsen symptoms. Light walking as long as it does not increase the heart rate. No sports.	Walking, jogging, or cycling on a stationary bike. Symptoms may slightly increase. Aim for 20-30 minutes at a time, but stop if moderate or severe symptom increase. No resistance training. No gym class or sports at recess.	Low-risk sport specific drills and light resistance weight training. No drills or activities that have head impact, risk of collision, or falls. May participate in low-risk gym class activities.	Should not worsen existing symptoms. May expand gym class activities to all that are non-contact. May increase resistance training if tolerated.	Scrimmages, gameplay in practices, cycling outdoors, higher risk activities. <i>This step is only permitted if a person has completed step 5 of Return to School/Work and has medical clearance from a doctor.</i>	Full contact gameplay without restrictions. <i>This step is only permitted if a person has completed step 5 of Return to School/Work and has medical clearance from a doctor.</i>
Goal: Rest	Goal: Increase heart rate	Goal: Increase time and intensity of activity	Goal: Increase aerobic activities to full exertion <u>without</u> body contact.	Goal: Adjust to full contact game play	Goal: Resume full activities and competitions

Return to School and Work Protocol:

Step 1	Step 2	Step 3	Step 4	Step 5
Minimal mental activity at home (1-2 days maximum)	Light activities and social interactions at school/work	Increase school and work activities	Return to full-day school/work with support	Return to full school activities (full academic load)
Board games, talking on the phone, crafts. Avoid screened devices, reading, school, work. No driving a motor vehicle. Contact school or work to make a return plan.	Reading, some screened devices (if tolerated), other activities that do not make symptoms worse for 15-30 minutes at a time. Return to in-person school/work for 1-2 hours a day to connect socially.	Half-day in-person school/work with maximum accommodations. Continue social connections.	Full-day in-person school/work with accommodations tailored to the current symptoms. Light homework or low cognitive burden work, and extra time for tasks.	Full days at school, no concussion-related accommodations required. Full activities including regular homework and testing.

Instructions:

Steps 1-4 of Return to Physical Activity/Sport Protocol and Return to School and Work Protocol should be started at the same time.

Step 1 should last a maximum of 2 days, then proceed to step 2. Move from steps 2 to 4 as long as symptoms are tolerated.

A minimum of 24 hours is required at each step. It is expected that some symptoms may still be present.

Steps 5 & 6 of physical activity require medical clearance from a doctor; returning too early to high-risk physical activities increases the risk of another injury and may slow recovery. Medical clearance is not required to progress through return to school steps.

