

Concussion Return to Play Protocol

Step 1: Self- Report Asymptomatic

- Graded Symptom Checklist
- Neuropsychological Assessment (ImPACT)

Step 2: Cardiovascular Exercise

- Light aerobic activity (walking, jogging, stationary bike)
- No resistance training

Step 3: Exertional Functional Activity

- Sport specific exercises (dependent on sport)
- Weight training

Step 4: Exertional Sport Specific Non-Contact Training Drills

- Normal practice drills without contact

Step 5: Sport Specific Activity with Contact

- Normal practice with contact

Step 6: Competition Ready

** If the student athlete is symptomatic during and/or after any of the tests, he/she will need to return to previous step.*

** If student athlete is unable to complete a step without experiencing symptoms, he/she will need to consult with appropriate Physician and/or neuropsychologist.*