



Athlete Name: _____
Grade: _____ Age: _____
Date: _____ Sport: _____

## Gradual Return to Participation

<b>Returning to Sports</b>	
<p><b>You should NEVER return to play if you still have ANY symptoms</b> – Be sure that you do not have any symptoms at rest and while doing any physical activity and/or thinking.</p> <ul style="list-style-type: none"> <li>Returning to play should occur in <u>gradual steps</u> beginning with aerobic exercise only to increase your heart rate (stationary bicycle); moving to increasing your heart rate with movement (running); then adding controlled contact if appropriate; and finally return to competition.</li> <li>Pay careful attention to your symptoms and your thinking and concentration skills at each stage of activity. Move to the next level of activity <b>only</b> if you do not experience any symptoms for <b>24 hours at each level</b>. If your symptoms return, notify your Athletic Trainer, return to the previous level, and restart the program gradually.</li> </ul>	
<p><b>Date:</b></p> <p><b>Notes:</b></p>	<p>1. No physical activity until asymptomatic (no symptoms) for minimum of 24 hours.</p>
<p><b>Date:</b></p> <p><b>Notes:</b></p>	<p>2. Low levels of physical activity with no symptoms after. This includes walking, <u>light</u> jogging/stationary biking, and <u>light</u> weight lifting.</p>
<p><b>Date:</b></p> <p><b>Notes:</b></p>	<p>3. Moderate levels of physical activity with body/head movement. This includes moderate jogging/stationary biking, and moderate intensity weight lifting</p>
<p><b>Date:</b></p> <p><b>Notes:</b></p>	<p>4. Heavy non-contact physical activity. This includes sprinting/running, high-intensity biking, regular weightlifting, non-contact sport-specific drills (If symptoms return go back to step #3)</p>
<p><b>Date:</b></p> <p><b>Notes:</b></p>	<p>5. Full contact/participation in controlled practice. (If symptoms return go back to step #4)</p>
<p><b>Date:</b></p> <p><b>Notes:</b></p>	<p>6. Full contact/participation in game play. Any concussion sustained in this step or any time after will be considered a new injury which must be evaluated and a new return to play protocol will be started.</p>

\*With this stepwise progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. If any post-concussion symptoms occur, the patient should drop back to the previous asymptomatic level and try to progress again after 24 hours.

**An athlete that sustains a head injury will complete the gradual return to play protocol from the beginning each time an injury occurs**