



Post-concussion RTP guidelines

WITH CLEARANCE BY A PHYSICIAN, THE ATHLETE MUST GO THROUGH THIS STEP BY STEP PROGRESSION BEFORE THEY WILL BE ALLOWED TO RETURN TO PLAY.

Must be symptom free during and after activity in order to progress to next level

1. No activity:
 - Must pass all cognitive tests and be symptom free
2. Light aerobics:
 - Walking, light jogging, swimming, stationary bike
3. Moderate aerobics/sport specific:
 - No contact
 - Running, dribbling, shooting, etc.
4. Heavy aerobics/training drills/exertional testing:
 - no contact
 - Sprinting, lifting weights, passing drills, run throughs, etc.
 - Exertional testing
 - Have them perform the series as fast as they can. It's the quick transitions from standing to being on the ground that will elicit symptoms.
 - Sprint ~15yds down and back
 - 10 push ups
 - 25 jumping jacks
 - 15 sit ups
 - Repeat x3
5. Practice:
 - full contact in a controlled practice environment
6. RTP