

Return to Sport

This tool is a guideline for managing an individual's return to sport following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
<p>No sporting activity</p> <p>Physical and cognitive rest until symptoms start to improve OR after resting for 2 days max.</p>	<p>Light aerobic exercise</p> <p>Walking, swimming, stationary cycling. No resistance training. The pace of these activities should be at the point where you are still able to have a conversation.</p>	<p>Sport-specific exercise</p> <p>Skating drills (ice hockey), running drills (soccer). No head-impact activities.</p>	<p>Non-contact drills</p> <p>Progress to complex training drills (e.g. passing drills). May start resistance training.</p>	<p>Full-contact practice</p> <p>Following medical clearance participate in normal training activities.</p>	<p>Back in the game Normal game play</p>
<p>Recovery</p>	<p>Increase heart rate</p>	<p>Add movement</p>	<p>Exercise, coordination, cognitive load</p>	<p>Restore confidence; assess functional skills</p>	
<p>Symptoms improve or 2 days rest max?</p> <p>Yes: Move to stage 2 No: Continue resting</p> <p>Time & Date completed:</p>	<p>Symptom-free for 24 hours?</p> <p>Yes: Move to stage 3 No: Return to stage 1</p> <p>Time & Date completed:</p>	<p>Symptom-free for 24 hours?</p> <p>Yes: Move to stage 4 No: Return to stage 2</p> <p>Time & Date completed:</p>	<p>Symptom-free for 24 hours?</p> <p>Yes: Move to stage 5 No: Return to stage 3</p> <p>Time & Date completed:</p>	<p>Symptom-free for 24 hours?</p> <p>Yes: Move to stage 6 No: Return to stage 4</p> <p>Time & Date completed:</p>	<p>Note: Premature return to contact sports (full practice and game play) may cause a significant setback in recovery.</p>
<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	

If symptoms reappear at any stage, go back to the previous stage until symptom-free for 24 hours. You may need to move back a stage more than once during the recovery process.

Medical clearance required before moving to stage 5

BOTH TOOLS CAN PROGRESS IN PARALLEL HOWEVER, RETURN TO LEARN SHOULD BE COMPLETED **BEFORE** RETURN TO SPORT IS COMPLETED