

**RETURN TO PLAY PROGRESSIONS**

**STEP 1**

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| Target HR:                                       | 25% Max HR   |
| Recommendations:                                 | 10-15 Minutes of Cardio Exercise, Low Stimulus Environment<br>No Impact/Contact Activities<br>Balance & Vestibular Treatment (pm)<br>Limit Head Movement/Position Change<br>Limit Concentration Activities |
| Activity:<br><input type="checkbox"/><br>Initial | Very Light Aerobic Conditioning<br>Sub-max Strengthening<br>ROM/Stretching<br>Very Low-Level Balance Activity  |

**Advance to Step 2 if there is no recurrence of symptoms**      **STEP 2**

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| Target HR:                                       | 50%  |
| Recommendations:                                 | 20-30 Minutes of Cardio Exercise<br>Exercise in Gym Areas<br>Use various Exercise Equipment<br>Allow Some Positional Changes and Head Movement<br>Low Level Concentration Activities |
| Activity:<br><input type="checkbox"/><br>Initial | Moderate Aerobic Conditioning<br>Light Weight Strength Exercises<br>Stretching (active stretching initiated)<br>Low-Level Balance Activity   |

**Advance to Step 3 if there is no recurrence of symptoms**      **STEP 3**

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| Target HR:                                       | 75%   |
| Recommendations:                                 | Any Environment is OK for Exercise (indoor/outdoor)<br>Integrate Strength, Conditioning, and Balance/Proprioception Exercises<br>Incorporate Concentration Challenges   |
| Activity:<br><input type="checkbox"/><br>Initial | Moderately Aggressive Aerobic Conditioning<br>All Forms of Strength Exercise (80% Max)<br>Active Stretching Exercises<br>Impact Activities, Running, Plyometrics (no contact)<br>Challenging Proprio-balance Activities |

**Advance to Step 4 if there is no recurrence of symptoms**      **STEP 4 NON-CONTACT DRILLS**

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|--|---|
| Recommendations:                                 | Continue to Avoid Contact Activity<br>Resume Aggressive Training in all Environments  |
| Activity:<br><input type="checkbox"/><br>Initial | Non-contact Physical Training<br>Aggressive Strength Exercises<br>Impact Activities/Plyometrics<br>Sport-specific training activities |

**Advance to Step 5 if there is no recurrence of symptoms**      **STEP 5 RETURN TO FULL PRACTICE**

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|--|---|
| Recommendations:                                 | Initiate Contact Activities as Appropriate to Sport Activity<br>Full Exertion for Sport   |
| Activity:<br><input type="checkbox"/><br>Initial | Resume Full Physical Training with Contact<br>Continue Aggressive Strength/Conditioning Exercise<br>Sport-specific Activity <b>Return to play is complete if there is no recurrence of symptoms</b> |

1. ImPACT
2. Learish, S. (2008). New developments in sports related concussion: Physical therapy and rehabilitation 5 stage exertion protocol. Pittsburgh, PA. University of Pittsburgh Center for Sports Medicine

Program Target Exertion calculated by Karvonen's equation: [ {Max. H.R. (220-Age) –Resting H.R.} X Target % ] + Resting H.R.

Signature of Completion of Return to Play: \_\_\_\_\_ Date: \_\_\_\_\_