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RETURN TO PLAY

Athletes should not be returned to play the same day of injury. When returning athletes to play, they should follow a stepwise symptom-limited program, with stages of progression.

For example:

1. Rest until asymptomatic (physical and mental rest)
2. Light aerobic exercise (i.e. stationary bike)
3. Sport-specific exercise
4. Non-contact training drills (begin light resistance training)
5. Full contact training after medical clearance
6. Return to competition (game play)

There should be approximately 24 hours (or longer) for each stage and the athlete should return to stage 1 if symptoms recur. Resistance training should only be added in the later stages.

MEDICAL CLEARANCE SHOULD BE GIVEN BEFORE

RETURN TO PLAY

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