**GRADED RETURN TO PLAY PROGRAM**

**Step 1: COMPLETE COGNITIVE REST**

* This may include staying home from school or modified school attendance.
* Activities requiring concentration and attention may worsen symptoms and delay recovery.
* Limited stimulus is recommended while completing cognitive rest.
* Athletic trainer should complete daily follow-up symptoms checks (over the phone is acceptable)

**Step 2: RETURN TO LEARN – FULL CLASS LOAD**

* Gradually taper off academic accommodations and reduced work load.
* Daily follow-up symptom checks

**Step 3: LIGHT EXERCISE**

* ***20 minute stationary bike ride (10-14 MPH)***
* Symptoms of concussion must be fully resolved and return to baseline symptoms levels.
* Recommendation from licensed health-care provider with expertise in concussion management to begin a Progressive Return to Play Exertional Testing.
* Daily symptom checks should be completed before and after exertion testing phases

**Step 4:** **MODERATE EXERCISE**

* ***Interval Bike Ride - 30 second sprint (18-20 MPH) / 30 second recovery (10-14 MPH)***
* ***Body Weight Circuit - Squats / Push-Ups / Sit-Ups x 20 seconds x 3 sets***
* Increase cardiovascular activity; increase duration and intensity accordingly
* Daily symptom checks should be completed before and after exertion testing phases

**Step 5: INTENSE EXERCISE**

* 60 yard Shuttle run x 10 (follow with 40 seconds recovery rest)
* Plyometric workout – 10 Yard Bounding / 10 Medicine Ball throws / 10 vertical jumps x 3 sets
* Non-Contact Sport Specific Drills for ~ 15 minutes
* Sports Specific Non-Contact Recommendations
  + Reconditioning until cardiovascular fitness return to normal levels
  + Agility, speed, strength and conditioning activities that are specific to sports participation
  + Controlled Drill Work: passing, shooting, catching, pitching, hitting (baseball/softball/golf/tennis), footwork, agility and running plays in a walk through scenario
* Daily symptom checks should be completed before and after exertion testing phases

**Step 6: NON-CONTACT TRAINING/PRACTICE WITH ATHLETIC TRAINER**

* In red penny.
* Daily symptom checks should be completed before and after exertion testing phases

**Step 7: FULL CONTACT TRAINING/PRACTICE WITH ATHLETIC TRAINER**

* These should be sports specific activities competitive play for the athlete
* Daily symptom checks should be completed before and after exertion testing phases

**Step 8: FULL RETURN TO PLAY**

* Physician clearance documentation should be received prior to starting any unrestricted play activities