## Return to play following a concussion

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Rehabili	Rehabilitation Stage	Functional Exercise	Date	Trainer/Coach Signature
Stage 1	Rest until asymptomatic for 24 hrs	Physical and cognitive rest		
Stage 2	Stage 2 Light aerobic exercise	Stationary cycling 15 mins, light intensity		
Stage 3	Stage 3   Sport-specific exercise	Running drills, 20 mins, moderate intensity		
Stage 4	Non-contact training drills	Progression to more complex training drills, passing/running		
Stage 5	Stage 5   Full-contact practice	Following medical clearance participate in normal training activities		
Stage 6	Stage 6 Return to play	Normal game play		
				Control of the Contro

IMPACT	Neurological Test	Physiological Test	Tests
			Check Completed

There should be at least 24 hours (or longer) for each stage and if symptoms recur the athlete should rest until they resolve once again and then resume the program at the previous asymptomatic stage. Resistance training should only be added in the later stages

Data's Note-Prior to stage 5

Physiological & Neurological tests will be completed with 24-48hours IMPACT test will be completed following Stage 4

All tests must be back to baseline levels before the athlete will be cleared for contact