

Return to play following a concussion

Date of concussion: _____

Rehabilitation Stage	Functional Exercise	Date	Trainer/Coach Signature
Stage 1	Rest until asymptomatic for 24 hrs		
Stage 2	Light aerobic exercise		
Stage 3	Sport-specific exercise		
Stage 4	Non-contact training drills		
Stage 5	Full-contact practice		
Stage 6	Return to play		

Tests	Check Completed
Physiological Test	
Neurological Test	
IMPACT	

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

Doctor'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