

## PLAN for Gradual Return to Daily Activity/School/Play

Staged return to play has become the standard of care following a concussion. This means that a student athlete resumes activity gradually after a concussion; stops the activity if it brings on post-concussion symptoms like headache, dizziness and confusion; and backs up a step until the symptoms are gone. There should be at least 24 hours between stages of advancement.

Progression is individualized, determined on a case-by-case basis. The athlete should spend 1-2 days at each stage before advancing to the next. If post-concussion symptoms occur at any stage, the athlete must stop the activity and contact the doctor. Typically, 24 hours of rest is recommended, than return to activity one stage below the symptom-causing stage.

### Return-to-Sports/Play/Physical Activity

<b>Stage 1</b>	Complete physical and cognitive rest.	<b>NO SCHOOL, no group activities. Quiet rest.</b>
<b>Stage 2</b>	Light aerobic exercise	Walk in the neighborhood or ride stationary bike 10-15 minutes (light sweat). Avoid group activities.
<b>Stage 3</b>	Moderate aerobic exercise Light resistance training	Low risk activities - dribbling ball, chasing a ball, playing catch 20-30 minutes jogging or stationary bike Arm curls, shoulder raises, leg lifts with easy weights, 1 set of 10 repetitions per activity
<b>Stage 4</b>	Intense aerobic exercise Moderate resistance training Sport-specific exercise	Moderate-risk activities - No contact activities 40-60 minutes of running or stationary bike Same resistance exercises - 3 sets of 10 reps Pre-competition warm-up - passing soccer ball, throwing football, doing ladder drills
<b>Stage 5</b>	Controlled-contact drills/practice	<b>Requires doctor approval and adult supervision</b> Full return to PE, run and jump as able, free play 60-90 minutes on field, court for specific drills Normal practice participation with supervision
<b>Stage 6</b>	Return to play	No restrictions

### Return-to-School/Studies

<b>Stage 1</b>	Complete physical and cognitive rest	<b>NO SCHOOL.</b> No group activities, no videos or other electronics, no cell phones, texting, games, no crowds, minimize noise; no planners or 'to-do' lists. Allow as much sleep as possible. Quiet rest.
<b>Stage 2</b>	Light cognitive activity	School half-day, core classes only; rest in nurse's office between classes and as needed. No tests or quizzes. Limited electronics (TV, video games, texting, tweeting & social media) less than 2 hours/day. Avoid any electronics that bring on symptoms. Allow as much sleep as possible. Quiet rest.
<b>Stage 3</b>	Moderate cognitive activity	School full-day, gradual return to class work including make-up work, tests, quizzes. Only one test or quiz a day with extra time as needed to complete. Slow return to usual use of electronics.
<b>Stage 4</b>	Normal home, school and social activity	Return to normal activities without restriction.

**WORSENING OR RETURN OF SYMPTOMS SHOULD BE RE-EVALUATED BY A PHYSICIAN.**

**ImPACT Clearance and signed Medical Clearance required before return to sport/contact activity!**