

Graduated Reentry to Physical Activity Guidelines After Concussion

Once a student-athlete is symptom free at rest for 24 hours and has signed a release by the treating clinician, she/he may begin the return to play progression below. Each step should take at least 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post head injury symptoms occur while in the stepped program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

Rehabilitation Stage	Goals	Recommended Activities
REST	Complete physical rest until medical clearance.	Rest, no physical activity
REENTRY, Step 1	Light exercise. <ul style="list-style-type: none"> • Increased heart rate with no symptoms 	Light cardiovascular exercise
REENTRY, Step 2	Running or other aerobic exercise <ul style="list-style-type: none"> • Added movement to light exercise. Activity with no symptoms 	Running in the gym or on the field No helmet or other equipment.
REENTRY, Step 3	Non-contact training drills <ul style="list-style-type: none"> • Increased exercise, coordination and attention. Activity with no symptoms Weight training <ul style="list-style-type: none"> • Activity with no symptoms 	May participate in non-contact training drills Weight/resistance training
REINTEGRATION	Full, normal practice or training <ul style="list-style-type: none"> • Restore confidence and assess functional skills. Activity with no symptoms 	A walk-through practice does not count as a full, normal practice
RETURN	Full participation	