

## Return to Play Protocol

### Return To Play After Concussion

Each step should take at least 24 hours, and it will take your child a minimum of 5 days to progress through the protocol to resume full game participation, provided symptoms do not return. If symptoms return while on the protocol, once your child is asymptomatic for 24 hours, the previous step may be attempted again. If your child becomes symptomatic during any of these steps, please call Cherry Creek Pediatrics for further instructions.

#### Step # 1 – Light aerobic exercise:

Walking, swimming or stationary cycling keeping intensity 70% maximum predicted heart rate

No weight lifting, resistance training, or any other exercise outside of this.

#### Step # 2 – Sport-specific exercise:

Skating drills in ice hockey, running drills in soccer

No helmet or other equipment.

#### Step # 3 – NON-CONTACT agility/sports specific drills:

Progression to more complex training drills, eg passing drills in football and ice hockey

May begin weight lifting, resistance training, aerobic conditioning, and all other non-contact exercise if no return of symptoms.

May wear a helmet but no additional equipment at this step.

#### Step # 4 – Full contact practice or training in full equipment.

#### Step # 5 – Full gameplay, no restrictions

\*If symptoms of a concussion occur, or if concussion signs and/or behaviors are observed at any time during the return to activity program, your child must discontinue all activity and be re-evaluated by their health care provider.