

Concussion Management

6 Day Return to Play Rehabilitation Plan

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation	Objective at Each Stage	Adult	U6-20s
REST	None	Rest	14 Days	14 days
1. No activity	Complete physical and cognitive rest	Recovery	1 day	
2. Light aerobic exercise	Walking, Swimming or stationary cycling keeping intensity <70% MPHR. No resistance training	Increase heart rate	1 day	2 days
3. Sport-specific exercise	Running drills. No head impact activities	Add movement	1 day	2 days
4. Non-contact training drills	Progression to more complex training drills (e.g. passing drills). May start progressive resistance training)	Exercise, coordination, cognitive load	1 day	2 days
5. Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence, assessment of functional skills by coaching staff	2 days	2 days
6. Return to Play	Player rehabilitated	Recovered	21 days	23 days

Allow 24 hours for each rehabilitation stage. If signs or symptoms persist at any rehabilitation stage do not allow the player to move onto the next step until symptom free. Always seek medical advice and clearance.