

RETURN TO ACTIVITY STRATEGY

CONSENSUS STATEMENT ON CONCUSSION



Medical Assessment

Assessment by a **trained healthcare provider** including **neurocognitive**, behavioral, psychological and medical data.

1.



Rest

Refrain from **extended computer time**, homework, or cognitively demanding tasks upon return to school.

2.



Symptom Limited Activity

- 10 minute of **slow walking**

NO RESISTANCE TRAINING or CONTACT ACTIVITY

3.



Non Contact Training

- Add coordination and cognitive skills
- Progression to **more complex training drills**
- 60min at 90% HRMax

6.

NO CONTACT ACTIVITY



Sports Specific Exercise

- **Add movement**
- Simple moving activities
- 30 min at 80% HRMax

5.

NO RESISTANCE TRAINING or CONTACT ACTIVITY



Light Exercise

- **Increase heart rate**
- Walking, swimming or stationary cycling
- 20 min at 70% HRMax

4.

NO RESISTANCE TRAINING or CONTACT ACTIVITY



Medical Clearance

Clearance provided by a **trained healthcare provider**.

7.



Full Contact Practice

- Restore confidence and function
- **Normal training**

8.



Return to Life

- **Normal game play / return to daily routine**
- Unrestricted practice or activity
- Full rehabilitation

9.

Reference: by McCrory P. et al. BJSM 2017



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