

CONCUSSION RETURN TO PLAY FORM

- Day 1: Low levels of physical activity. This includes walking, light jogging, light stationary biking and light weight- lifting (low weight-moderate reps, no bench, no squats).
- Day 2: Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity on the stationary cycle, moderate intensity weight-lifting (reduce time and or reduced weight from your typical routine).
- Day 3: Heavy non-contact physical activity. This includes printing/running, high intensity stationary cycling, completing the regular lifting routine, non-contact sport specific drills (agility with 3 planes of movement).
- Day 4: Sports specific practice (non-contact)
- Day 5: Full contact in a controlled drill or practice
- Day 6: Return to competition