



**ASPETAR
SPORT RELATED
CONCUSSION
PROGRAM**

RETURN TO ACTIVITY AND SPORT PROTOCOL

STAGE 0	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
PHYSICAL AND COGNITIVE REST	SYMPTOM LIMITED ACTIVITY	LIGHT AEROBIC EXERCISE	SPORT-SPECIFIC EXERCISE	NON-CONTACT TRAINING DRILL	FULL CONTACT PRACTICE	RETURN TO SPORT
First 24-48 hours until symptoms start improving faster	Daily activities that do not provoke symptoms	Walking or cycling at slow to medium pace	Running drills	Harder sport specific drills, e.g. passing, cutting. May start progressive resistance training	Normal training activities	Normal game play
Recovery	Gradual re-introduction of activity	Increase heart rate	Add movement	Exercise, coordination and increased thinking	Restore confidence and assess functional skills by coaching staff	Note: Premature return to sport may cause a significant setback in recovery
Symptom improved:	Symptom-free for 24 hours?	Symptom-free for 24 hours?	Symptom-free for 24 hours?	Symptom-free for 24 hours?	Symptom-free for 24 hours?	
Yes: Move to stage 1	Yes: Move to stage 2	Yes: Move to stage 3	Yes: Move to stage 4	Yes: Get medical clearance to move to stage 5	Yes: Move to stage 6	
No: Continue resting	No: Return to stage 0	No: Return to stage 1	No: Return to stage 2	No: Return to stage 3	No: Return to stage 4	
Date completed	Date completed	Date completed	Date completed	Date completed	Date completed	



Medical clearance is required before moving to Stage 5

Doctor: _____ Designation: _____ Date: _____