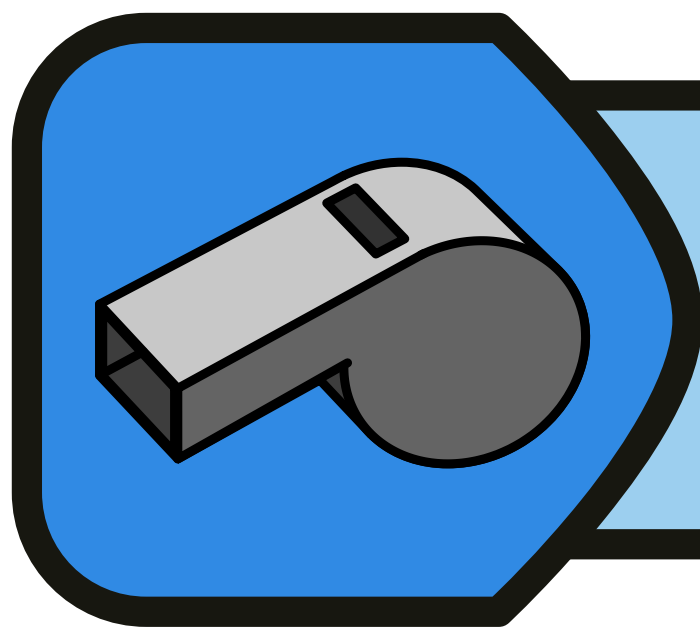


RETURN TO PLAY AFTER CONCUSSION



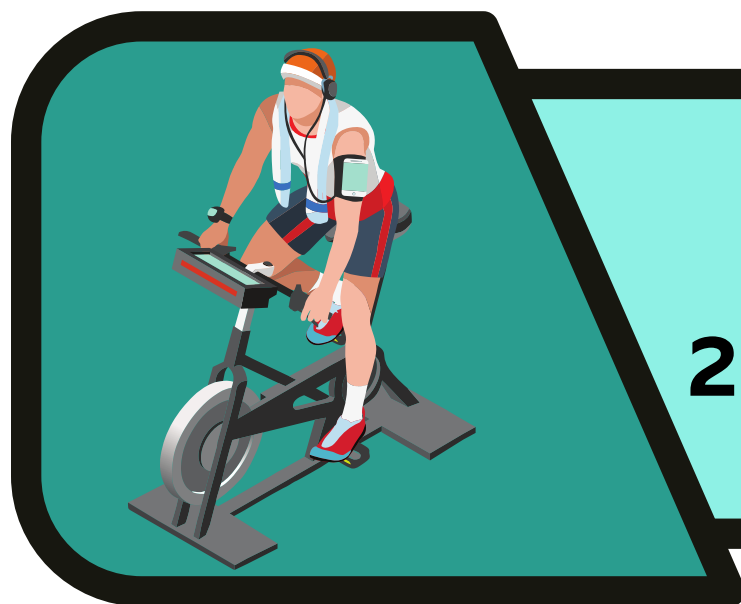
Stop same day play and rest for 24-48 hours



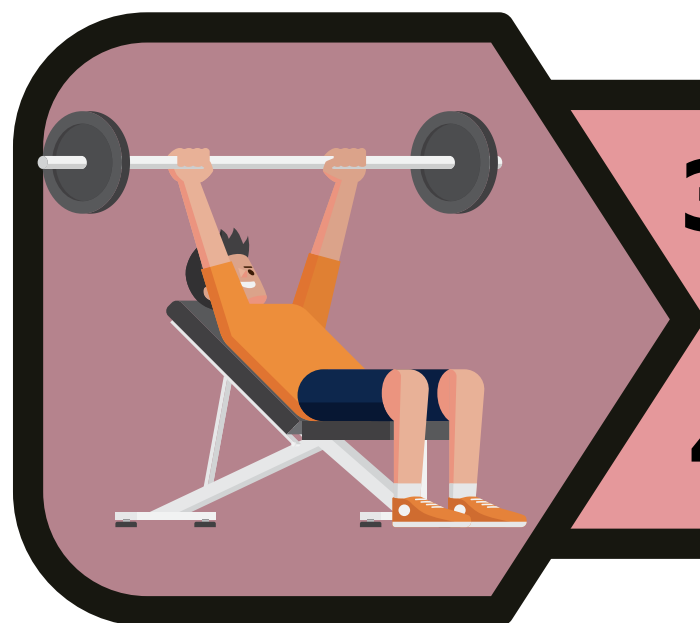
Seek evaluation by healthcare professional for return to play



Begin return to play program. Do not progress more than one step each day



1. Light aerobic exercise (5-10 min exercise bike)
2. Moderate aerobic exercise (15-20 min run)



3. Non-contact practice (weight training)
4. Full-contact practice



5. Return to play. If symptoms return, rest for 24-48 hours and repeat previous step

Disclaimer: Med Ed, Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

Source:

https://www.nfhs.org/media/1018446/suggested_guidelines_management_concussion_april_2017.pdf