



Center Grove High School Athletic Training

Concussion Return to Play Protocol

Phase 1 – Rest and Recovery No Activity

1. Athlete remains in this phase as long as they continue to report symptoms.
2. Complete physical and cognitive rest, academic accommodations provided

Phase 2 – Graduated to Return to Sport

1. This phase begins when athlete is symptom-free for 24 hours.
2. Once concussion-related symptoms have resolved, the athlete should continue to proceed to the next stage if he/she is able to perform each activity without a recurrence of concussion-related symptoms. If symptoms appear during or after the exercise the athlete will not be able to continue to the next stage until he/she is symptom free.
3. Athlete may schedule MD evaluation & post-concussion ImPACT testing.

Stage 1- Increase heart rate

- Light aerobic exercise - Walk to jog, swimming or stationary bike keeping at 70% maximum predicted heart rate
- No resistance training

Stage 2- Progress cardiovascular exercise and add movement

- Moderate aerobic exercise - Jog to run, agility drills, sport-specific activities, light resistance training,
- No head impact activities

Stage 3- Exercise, coordination and increased thinking

- Aerobic exercise - Run, agility drills, sport-specific activities
- Non-contact drills only, No one on one or team drills
- Progression to more complex training drills
- Resume aggressive resistance training

Stage 4- Restore confidence and assess functional skills

****Athlete must pass post-concussion ImPACT test and MD clearance ****

- Full contact practice, participate in normal training activities
- Coaching Staff should assess functional skills.

Stage 5

- Resume full, unrestricted practice & games