

# RETURN TO PHYSICAL ACTIVITY/SPORTS MANAGEMENT PLAN



## STEP 1

Light general conditioning exercises.



50%  
EFFORT

- **NO CONTACT.**
- Begin with a warm up (stretching and flexibility) for 10-15 minutes.
- Start a cardio workout of 15-20 minutes which can include: stationary bicycle, elliptical, treadmill, fast paced walking, light jog, rowing or swimming.

**If already completed during STAGE 2 of the General Activity Management Plan (p. 16) then begin at STEP 2.**



## STEP 2

General conditioning and sport specific skill work done individually.



50-60%  
EFFORT

- **NO CONTACT.**
- Begin with a warm up (stretching and flexibility) for 10-15 minutes.
- Increase intensity and duration of cardio workout to 20-30 minutes.
- Begin sport specific skill work within the workout, but no spins, dives or jumps.



## STEP 3

General conditioning, skill work done with a team-mate.



75%  
EFFORT

- **NO CONTACT.**
- Increase duration of session to 60 minutes. Begin resistance training including neck and core strengthening exercises.
- Continue practicing sport specific individual skills.
- Begin general shooting, kicking or passing drills with a partner.
- Start beginner level spins, dives and jumps.

There should be approximately 24 hours or longer in between each step. If any symptoms return at any time, stop working out. Rest until you are symptom-free for 24 hours, then return to the previous step. If symptoms do not resolve or get worse, seek the expertise of a doctor or concussion specialist.



#### STEP 4

**General conditioning, skill work and team drills.**



**75-90%  
EFFORT**

- **NO CONTACT. NO SCRIMMAGES.**
- Resume pre-injury duration of practice and team drills.
- Increase resistance training and skill work specific to the sport/activity.
- Gradually increase skill level of spins, dives and jumps.

**Progress to STEP 5 only following full return to cognitive and academic activities without accommodations.**



#### STEP 5

**Full practice with body contact.**



**90-100%  
EFFORT**

- **CONTACT. SCRIMMAGES.**
- Participate in a full practice. If completed with no symptoms, discuss returning to activity with the coach.

**Do not progress until the following is achieved:**

- Coaches make sure that the child or teen has regained his/her pre-injury skill-level.
- The child or teen is confident in his/her ability to return to activity.



#### STEP 6

**RETURN TO FULL ACTIVITY/COMPETITION.**



**100%  
EFFORT**