

# Human Performance and Sports Medicine Program

## Return to Play Guidelines



Now that you have a concussion, how do you safely return to play or activity?

### Here is a general graduated return to play protocol:

- Each stage should be separated by 24 hours.
- If at any time you begin to have symptoms related to the concussion during this return to play progression, you should immediately stop the activity and return back to the previous stage after 24 hours.

| Stage | Physical Activity  |
|-------|--|
| #1    | No Activity  |
| #2    | Light Activity: Walking, Swimming, or Stationary Bike (Less than 70% of age predicted maximal heart rate)<br><br>To calculate your max heart rate for light activity follow these formulas: <ul style="list-style-type: none"><li>• <math>220 - \text{Your Age} = X</math></li><li>• <math>X \times 70\% = \text{Your predicted max heart rate}</math></li></ul> |
| #3    | Individualized Non-Contact Sport Specific Skill Drills / Activities (No Head Impact)   |
| #4    | Non-Contact Sport Specific Training with Others (Resistance Training / Complex Drills)   |
| #5    | Unrestricted Contact Training (Following Medical Clearance)  |
| #6    | Return to Normal <b>Game</b> Play  |



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#### References

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