



RETURN TO PLAY AFTER CONCUSSION

You have been cleared by your physician to start a return to play progression. You should do this as instructed by your physician and/or ATC.

Steps should be 24 hours apart:

- | | |
|--------------------------------|---|
| 1. Rest | 24-48 hours post injury or until asymptomatic |
| 2. Light aerobic activity | Walking, swimming, max HR < 70%, no resistance training |
| 3. Sport Specific Exercise | Skating drills in hockey, running drills in soccer |
| 4. Non contact training drills | More complex training drills ex. Passing drills in ice hockey |
| 5. Full contact practice | All normal practice activities |
| 6. Return to play | Normal Game Play |

This progression back to play will take 5-7 days minimum from the date of concussion.

If you develop any (even one) symptom during this progression you should rest until symptoms go away and restart the progression at the level in which you were asymptomatic 24 hours later.

Please contact our office with any further questions at 515-239-3410.



515-239-3410
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