



CONCUSSION

Return to Training protocol

This Concussion Return to Training Protocol should be used in conjunction with the Concussion Symptoms Checklist and guidance from a medical professional.

STAGE ONE

It is critical not to progress to the next stage until concussion symptoms are no longer present

- **Aims:** Light stretching only. Quiet environment, limit excessive stimulation (noise, visual, emotional)
- **Examples:** Flexibility, splits, shoulder conditioning, reading, watching television



STAGE TWO

- **Aims:** Cardio activities to increase heart rate and blood pressure that are LOW IMPACT
- **Examples:** Jogging, skipping, stepping, hanging, exercise bike, light weights and resistance training, rope climbing



STAGE THREE

- **Aims:** Inversion positions – static before dynamic, increase impact. In some cases, even looking down may provoke symptoms
- **Examples:** Front support, hang head down, handstands against wall, hanging by knees, kick to handstand, handstand walking, trampoline straight jumps



STAGE FOUR

- **Aims:** Rotation in one plane only, single skills only. Start on floor level before moving to height
- **Examples:** Forward roll, backward rolls, cartwheel, pirouettes, jump turns, apparatus manipulation





STAGE FIVE

- **Aims:** Rotation in mixed planes, combinations of skills
- **Examples:** Dance, tumbling runs with mixed skills, twisting somersaults, trampoline



STAGE SIX

- **Aims:** Full training
- **Examples:** Increase volume and intensity of training

