



# RETURN TO SPORT After Concussion



**STAGE 1** | Rest/light activities 

**Recommended activities:**

- Sleep/rest, as much as needed
- Limit screen time
- Light walking
- Household chores
- Preparing meals
- Other activities that don't require physical or mental exertion

**MOVE TO NEXT STAGE** | When symptoms begin to improve slightly OR after 48 hours of resting

**STAGE 2** | Light to moderate activities 

**Recommended activities:**

- Avoid sport-specific & group activities
- Reading, board games, etc.
- Walking/yoga (light, ~50% max heart rate)
- Jogging/cycling (moderate, ~70% max HR)
- Increased peer contact
- **Contact coach/team to coordinate & plan the return to practice**


**MOVE TO NEXT STAGE** | No new/worsening symptoms for 24 hours after 30-60 minutes of moderate exercise

**STAGE 3** | Sport-specific exercise 

**Recommended activities:**

- Avoid resistance training & group activities
- Hockey: skating/stickhandling
- Basketball: shooting/running
- Baseball: catching/fielding
- Agility ladders
- **Communicate progress with coach/team to coordinate the return to practice**


**MOVE TO NEXT STAGE** | No symptoms for 24 hours after 30-60 minutes of sport-specific exercise

**STAGE 4** | Non-contact team drills 

**Recommended activities:**

- Limited involvement in group activities, gradually increasing intensity/time
- Light resistance training
- Drills involving sprinting or jarring motions (tennis, badminton, golf, etc.)
- **Acquire medical clearance for contact (if feasible)**

**MOVE TO NEXT STAGE** | No symptoms for 24 hours after 30-60 minutes of non-contact team drills

**STAGE 5** | Full-contact practice 

**Recommended activities:**

- Avoid participation in competitive activities
- Full involvement in group activities, gradually increasing intensity/time
- Resistance/weight training
- **Communicate with coach/team to coordinate competitive return**

**MOVE TO NEXT STAGE** | No symptoms for 24 hours after 30-60 minutes of full participation

**STAGE 6** | Return to sport 

Return to normal, unrestricted participation. Monitor symptoms and return to stage 3 if symptoms return

*This is a condensed version of our full Return to Sport guidelines*

View the full guidelines & more resources at [www.BrainInjuryNS.com/Concussion](http://www.BrainInjuryNS.com/Concussion)

