



Scott Zimmerman, ATC
 Lynn Castro, MA, ATC
 Office (408) 342-4277
 Fax (408) 252-0518

szimmerman@mitty.com lcastro@mitty.com

CONCUSSION RETURN TO PLAY PROTOCOL

CA STATE LAW AB 2127 STATES THAT RETURN TO PLAY CANNOT BE SOONER THAN 7 DAYS AFTER EVALUATION BY A PHYSICIAN (MD/DO) WHO HAS MADE THE DIAGNOSIS OF CONCUSSION.

- This graduated return to play protocol **MUST** be completed before you can return to **COMPETITION**
 - A certified athletic trainer (AT), Lynn or Scott, must initial each stage after you successfully pass it.
 - You must remain symptom free for 24 hours after each stage to progress to the next stage.
 - You must be back to normal academic activities before beginning Stage 2
 - You must complete one full practice without restrictions before competing in first game.
- If symptoms return at any stage, **IMMEDIATELY STOP** any physical activity and follow up with the AT.

You must have a written physician (MD/DO) clearance to begin and progress through the following stages as outlined below (or as otherwise directed by physician)

Stage	Activity	Exercise Example	Objective of Each Stage	Date & Initials
1	No physical activity for at least 2 full symptom free day AFTER you have seen a physician	No activities requiring exertion (weight lifting, jogging, PE Classes)	Recovery and elimination of symptoms	
2	Light aerobic activity	<ul style="list-style-type: none"> • 10-15 minutes of walking or stationary bike • Must be performed under direct supervision by designated individual 	<ul style="list-style-type: none"> • Increase HR to no more than 50% of perceived max • Monitor for symptom return 	
3	Moderate aerobic activity Light resistance training	<ul style="list-style-type: none"> • 20-30 minutes jogging or stationary bike • Body weight exercises (squats, planks, push-ups), max 1 set of 10, no more than 10 min total 	<ul style="list-style-type: none"> • Increase HR to 50-75% max exertion • Monitor for symptom return 	
4	Strenuous aerobic activity Moderate resistance training	<ul style="list-style-type: none"> • 30-45 min running or stationary bike • Weightlifting ≤ 50% of max 	<ul style="list-style-type: none"> • Increase HR to > 75% • Monitor for symptom return 	
5	Non-contact sport-specific drills	<ul style="list-style-type: none"> • Non-contact drills, sport-specific (cutting, jumping, sprinting) • No contact with people, padding or floor/mat 	<ul style="list-style-type: none"> • Add total body movement • Monitor for symptom return 	
<u>Minimum</u> of 5 days to pass Stages 1 – 4. Prior to beginning stage 6, please make sure that written physician clearance for return to play, after successful completion of Stages 1-5 has been given to AT.				
6	Limited contact practice	<ul style="list-style-type: none"> • Controlled contact drills (no scrimmage) 	<ul style="list-style-type: none"> • Increase acceleration, deceleration and rotational forces • Monitor for symptom return 	
7	Full contact practice	<ul style="list-style-type: none"> • Return to normal training (with contact) 	<ul style="list-style-type: none"> • Restore confidence and assess readiness for RTP • Monitor for symptom return 	
8	Return to play	<ul style="list-style-type: none"> • Normal game play 	<ul style="list-style-type: none"> • Return to full sports activity without restrictions 	

Athlete's Name: _____ Date of concussion Dx: _____