RETURN TO ACTIVITY STRATEGY

CONSENSUS STATEMENT ON CONCUSSION

1. Medical Assessment
   Assessment by a trained healthcare provider, including neurocognitive, behavioral, psychological and medical data.

2. Rest
   Refrain from extended computer time, homework, or cognitively demanding tasks upon return to school.

3. Symptom Limited Activity
   - 10 minute of slow walking

4. Light Exercise
   - Increase heart rate
   - Walking, swimming or stationary cycling
   - 20 min at 70% HRMax

5. Sports Specific Exercise
   - Add movement
   - Simple moving activities
   - 30 min at 80% HRMax

6. Non Contact Training
   - Add coordination and cognitive skills
   - Progression to more complex training drills
   - 60 min at 90% HRMax

7. Medical Clearance
   Clearance provided by a trained healthcare provider.

8. Full Contact Practice
   - Restore confidence and function
   - Normal training

9. Return to Life
   - Normal game play / return to daily routine
   - Unrestricted practice or activity
   - Full rehabilitation

Reference: by McCrory P. et al. BJSM 2017