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| **Sport Concussion: Return to Play Guidelines** | **OSU Sports Medicine**  **The Ohio State University Wexner Medical Center** |

Prior to beginning the return to play progression the athlete must complete a period of cognitive and physical rest. Length of rest period will be determined by physician or appropriate medical professional.

* Symptom checklist should be completed by athlete before and after each treatment/exercise session.
* If symptoms are elevated with exercise beyond permissible criteria, do not progress to next phase. Return athlete to previous phase which did not elevate symptoms.
* If athlete is unable to progress or is having difficulty with persistent symptoms use best clinical judgment regarding referral back to physician.

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| **Day/Phase 1** | **Aerobic activity**  **up to 70 % max HR**  - 5 min warm up  - 15 min duration | **Target Heart Rate = ((max HR − resting HR) × %Intensity) + resting HR** | | | | | | | | | | | | | | | | | | | | | |
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| **Day/Phase 2** | **Aerobic activity**  **up to 80% max HR**  - 5 min warm up  - 15 min duration  - 15 min circuit based exercise  -Sport Specific non-contact drills | Each cycle completed one time. Each exercise in cycle 1-2 performed for 30 sec | | | | | | | | | | | | | | | | | | | | | |
| **Cycle 1** | Jog | Squats | | | Jog | | Push ups | | | Jog | | Lunges | | Jog | | | Bridges | | Jog | | 2 min rest |
| **Cycle 2** | Jog | Squats | | | Jog | | Push ups | | | Jog | | Lunges | | Jog | | | Bridges | | Jog | | 2 min rest |
| **Cycle 3** | Single Leg balance on Right  (30 sec) | | | | Single Leg Balance on Left  (30 sec) | | | | | Prone Plank  (30 sec-1 min) | | | |  | | | | | | | |
| **Non-contact sport specific drills x 5 min: (ex. Soccer passing/dribbling drills, Football- individual non-contact drills)** | | | | | | | | | | | | | | | | | | | | | |
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| **Day/Phase 3** | **Aerobic activity**  **Up to 90% max HR**  -5 min warm up  -20 min duration  -15 min circuit based exercise  -Sport specific non-contact drills | Each cycle completed one time. Each exercise in cycle 1-2 performed for 30 sec | | | | | | | | | | | | | | | | | | | | | |
| **Cycle 1** | Jog | | Hops | Jog | | | | Skips | Jog | | | | Lunge hops | | Jog | | | Box Drill | | Jog | 2 min rest |
| **Cycle 2** | Jog | | Hops | Jog | | | | Skips | Jog | | | | Lunge hops | | Jog | | | Box Drill | | Jog | 2 min rest |
| **Cycle 3** | Single Leg stance with perturbations  (30 sec) | | | | | Single Leg stance with perturbations  (30 sec) | | | | | Side plank Left (30 sec) | | | | | Side plank Right (30 sec) | | | | |  |
| **Non-contact sport specific drills x 10 min: (ex. Soccer passing/dribbling drills, Football- individual non-contact drills)** | | | | | | | | | | | | | | | | | | | | | |
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| **Communication with physician required before advancing beyond phase 3** | | | | | | | | | | | | | | | | | | | | | | | |
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| **Day/Phase 4** | **Return to practice** | Include an additional day of controlled contact drills prior to return to practice if athlete is delayed at any phase/day while progressing guideline | | | | | | | | | | | | | | | | | | | | | |
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| **Day/Phase 5** | **Game Participation** |  | | | | | | | | | | | | | | | | | | | | | |