

## **GRANT COMMUNITY HIGH SCHOOL**

285 E Grand Ave. Fox Lake, IL 60020

**Athletic Training Room** (847) 973-3454



*Sports Medicine*

### **Return to Play Protocol Following Concussion**

The following protocol and guidelines have been established in accordance with the IHSA and National Federation of State High School Associations.

1. Athlete must be free of all concussion signs and symptoms prior to medical clearance to begin protocol
2. Written medical clearance from a licensed physician, licensed to practice medicine in all its branches in Illinois for concussion is required prior to beginning
3. Pre workout sign and symptom assessment is completed by the athletic trainer before each step
4. One step is performed in a 24 hour period. If any concussion symptoms reoccur, the athlete will drop back to the previous level and try to progress after 24 hours of rest.
5. Post workout signs and symptom assessment is completed by the athletic trainer after each step

### **Protocol Steps**

**No Activity:** Recovery: As the recovery step of the Return to Play Progression the athlete needs to be symptom free at rest for 24 hours.

#### **Step 1: Light Aerobic Exercise**

Goal: To increase an athlete's heart rate (Up to 70 % of maximum heart rate)

Activity: 15 to 20 minutes stationary bike ride or walking workout

#### **Step 2: Moderate Exercise**

Goal: Add body and head movement.

Activity: Moderate jogging, brief running, moderate-intensity stationary biking

#### **Step 3: Non-contact Training Drills**

Goal: Increase exercise, coordination and attention

Activity: Sprinting, Running, high-intensity stationary biking, regular weightlifting routine, and non-contact sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

#### **Step 4: Full Contact in a Controlled Practice**

Goal: Restore Confidence and Assess functional drills

Activity: Return to normal training activities

#### **Step 5: Full Competition and Game Play**