



## *Concussion Return to Play Protocol*

Step 1: 20 minute bike and/or treadmill workout

\* heart rate to 70% of max (135-140bpm) for 20 mins.

Step 2: 20-30 minutes of high intensity bike, treadmill, lunges, plyometrics changing elevation and head positions.

\* heart rate to 70% of max (135-140bpm) for at least 20 mins.

Step 3: Non-contact practice for contact sports

Step 4: Return to full practice

Step 5: Return to game

A Pre and Post Symptom self assessment will be complete at each step. Athlete will continue to progress through protocol provided there are no increase in symptoms during self assessment.