



Concussion Return To Play Protocol Pdf

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requirements for coaches and how you manage an athlete's return to play. The Centers for Disease Control and Prevention suggest the following general six-step return to play progression. Concussion Graduated Return to Play Protocol Complete rest from physical activity—until asymptomatic for 24 hours Stage 1– Light Aerobic Exercise – walking, swimming, stationary . Free Mobile App · Trusted By Millions · Paperless Workflow · World-Class Security wonderful features with reasonable cost – G2 Crow. Learn how to recognize, manage and prevent concussions in sports. This document provides signs, symptoms, behaviors, action plan and return to play protocol for athletes, coaches and parents.

Concussion Graduated Return to Play Protocol Complete rest from physical activity—until asymptomatic for 24 hours Stage 1– Light Aerobic Exercise – walking, swimming, stationary cycling. Exertion Level: % of maximum exertion / HR range / RPE range Duration: 20 minutes. Ensuring adequate rest, avoiding overexertion and overstimulation, reducing risk of re-injury and providing academic accommodations are the essential components of a return-to-school plan after concussion. Home tutoring will be needed at first in some cases.