

RETURN TO PLAY PROTOCOL

The 6 STEPS of Return-to-Play

Step 1: No activity. Cognitive and physical rest until symptom free for 24 hours. Complete ImpACT computer re-test and have results reviewed by physician.

Step 2: PHASE I

- 1) Will be completed at the Initial Physical Therapy Evaluation, if patient is appropriate.
- 2) Light Aerobic Exercise/ Low-Impact Aerobic Exercise: 10-20 minutes.
 1. Heart Rate target range = 50-70% of heart rate max.

Step 3: PHASE II

- 1) Will be completed if patient is symptom free until the next day following completion of Phase I.
- 2) Sports specific exercises: 25-35 minutes.
 1. Heart rate target range = 70-85% of heart rate max.

Step 4: PHASE III

- 1) Will be completed if patient is symptom free until the next day following completion of Phase II.
- 2) Non-contact Training Drills/Progressive Resistance Training: 30-45 minutes.
 1. Heart rate target range > 70% of heart rate max for majority of testing.

Pass or Fail for all 3 phases will be based on:

- Physical Therapist assessment of patient performance.
- Subjective reports by patient or parent/legal guardian.

Step 5: Full contact practice

- 1) Player will be released back to full contact practice once steps 1 through 4 are completed and patient remains symptom free until the next day following Phase III.
- 2) A clearance form signed by the therapist and the parent or legal guardian will be sent with the patient to give to the coach to release them to practice.
- 3) A different form for the coach to sign stating the patient completed a full contact practice with no reoccurrence of symptoms will also be provided. The coach is expected to fill this out and return it to SRMC.

Step 6: Return to Play

- 1) Patient must complete at least one practice of full contact prior to return to game situations with no return of symptoms for at least 24 hours.
- 2) Continue to monitor for signs and symptoms and report any to a medical professional.

Questions? Contact the SRMC
Rehab Services Team at
308.254.5825

