



# Mild head injury and concussion

## Return-to-Play and Sports Guidelines

Stage of healing	Activity allowed	Examples of sports	Examples of other activities	Goal
1	<ul style="list-style-type: none"> <li>No activity</li> <li>Complete cognitive and physical rest</li> </ul>	<ul style="list-style-type: none"> <li>Complete physical rest</li> </ul>	<ul style="list-style-type: none"> <li>Quiet time with rest</li> <li>Avoid groups, videos, reading, computers, video games, cellphones, noisy places</li> </ul>	<ul style="list-style-type: none"> <li>Brain rest and healing</li> <li><b>BE FREE OF SYMPTOMS</b></li> </ul>
2	<ul style="list-style-type: none"> <li>Light aerobic activity</li> </ul>	<ul style="list-style-type: none"> <li>10 to 15 minutes of walking or stationary bike</li> <li>Light sweat on the brow</li> <li>Slight increase in breathing rate</li> </ul>	<ul style="list-style-type: none"> <li>Walk in park or neighborhood</li> <li>Avoid group activities</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to 30-40% at most</li> </ul>
3	<ul style="list-style-type: none"> <li>Moderate aerobic activity</li> <li>Light resistance training</li> </ul>	<ul style="list-style-type: none"> <li>20 to 30 minutes of jogging or stationary bike</li> <li>Arm curls, shoulder raises, or leg lifts with weights that can be comfortably lifted</li> <li>One set of 10 repetitions for each activity</li> </ul>	<ul style="list-style-type: none"> <li>Supervised play</li> <li>Low risk activities, such as dribbling a ball, playing catch, changing directions, jumping, side-to-side slides, chasing a ball or catching a ball on the run</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to 40-60% at most</li> <li>Add resistance</li> <li>Use eyes to track objects</li> </ul>
4	<ul style="list-style-type: none"> <li>Intense aerobic activity</li> <li>Moderate resistance training</li> <li>Sport-specific exercise</li> </ul>	<ul style="list-style-type: none"> <li>40 to 60 minutes of running or stationary bike</li> <li>Same resistance exercises with weight for three sets of 10 reps</li> <li>Pre-competition warm-ups, such as passing a soccer ball, throwing a football or doing ladder drills</li> </ul>	<ul style="list-style-type: none"> <li>Supervised play</li> <li>Moderate risk activities, such as balance and agility drills</li> <li>No head contact activities</li> <li>Can sweat and breathe heavy</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to 60 to 80% at most</li> <li>Increase resistance</li> <li>Mimic the sport</li> </ul>
5	<ul style="list-style-type: none"> <li>Controlled-contact training drills</li> </ul>	<ul style="list-style-type: none"> <li>60 to 90 minutes of time on the Field, court or mat for specific drills</li> <li>Take part in normal practice session</li> <li>Contact that is normally part of the sport—only use items that do not hit back, such as a sled in football</li> <li>Recheck for symptoms or problems often</li> </ul>	<ul style="list-style-type: none"> <li>Free play</li> <li>Run and jump as able</li> <li>Full return to PE</li> <li>Recheck for symptoms or problems often</li> </ul>	<ul style="list-style-type: none"> <li>Mimic the sport or free play without the risk of head injury</li> </ul>
6	<ul style="list-style-type: none"> <li>Full-contact practice</li> </ul>	<ul style="list-style-type: none"> <li>After OK from the doctor, may take part in normal training activities</li> </ul>	<ul style="list-style-type: none"> <li>With parent or adult supervision, may take part in normal activities</li> </ul>	<ul style="list-style-type: none"> <li>Build confidence</li> <li>Assess skills</li> </ul>
7	<ul style="list-style-type: none"> <li>Return to play</li> </ul>	<ul style="list-style-type: none"> <li>Normal game play</li> </ul>	<ul style="list-style-type: none"> <li>Normal playtime and activities</li> </ul>	<ul style="list-style-type: none"> <li>No restrictions</li> </ul>

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child. **In case of an urgent concern or emergency, call 911.**