

## Six Stages of Return to Play After Concussion

Stay at stage 1 until you are symptom-free. After each stage, if you are still symptom-free, move to the next stage. If your symptoms return, do not proceed to the next stage until you can be symptom-free at the current stage.

### CONCUSSION SIGNS & SYMPTOMS

#### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

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#### STAGE 1

Rest. Stay home from school and work. No driving. Limit studying, computer, video games or texting.



#### STAGE 2

Light aerobic exercise such as walking or stationary cycling. No resistance training.



#### STAGE 3

Sport specific exercise (e.g. skating and puck handling in hockey, running and ball skills in soccer—NO HEADING). Football quarterbacks may resume sideline throwing. An important portion of this step is the addition of one set of low resistance or simple resistance training.



#### STAGE 4

Resume non-contact training drills (e.g. walk-through pass blocking for football linemen). Add additional sets and higher intensity resistance training.



#### STAGE 5

Full contact practice after receiving medical clearance. Do NOT skip this important step.



#### STAGE 6

Return to game play.

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