

STEP 1:	STEP 2A:	STEP 2B:	STEP 3:	STEP 4:	STEP 5:	STEP 6:
<p>Symptom-limited activity</p> <ul style="list-style-type: none"> Relative rest* for up to two days. Engage in activities of daily living that do not result in more than mild and brief exacerbation** of concussion symptoms. <p>Examples:</p> <ul style="list-style-type: none"> Preparing meals Housework Light walking Limited social interactions <ul style="list-style-type: none"> Minimize screen time for first 24-48 hours following concussion. 	<p>Light aerobic exercise</p> <ul style="list-style-type: none"> Up to 55% maximum heart rate. Engage in light aerobic exercise in a safe and controlled environment. <p>Examples:</p> <ul style="list-style-type: none"> Stationary cycling Walking at slow to medium pace 	<p>Moderate aerobic exercise</p> <ul style="list-style-type: none"> Up to 70% maximum heart rate. May start low intensity strength training that does not result in more than mild and brief symptom exacerbation. <p>Examples:</p> <ul style="list-style-type: none"> Light resistance training 	<p>Individual sport-specific exercise</p> <ul style="list-style-type: none"> Addition of individual sport-specific activities (away from the team environment). <p>Examples:</p> <ul style="list-style-type: none"> Skating drills (hockey) Running drills (soccer) Change of direction drills <ul style="list-style-type: none"> Do not engage in activities that may put you at risk for head impact. 	<p>Non-contact training drills</p> <ul style="list-style-type: none"> Progress to complex training drills. Incorporate exercise at high intensity, and more challenging drills. <p>Examples:</p> <ul style="list-style-type: none"> Passing drills Multi-player training <ul style="list-style-type: none"> Return to team environment. Return to full strength training activities. 	<p>Full-contact practice</p> <ul style="list-style-type: none"> Participate in normal training activities, integrating the athlete back into the team environment, and restoring athlete confidence to play. 	<p>Return to unrestricted play</p> <p>Back to normal game play.</p>
Relative rest	Start gradual reintroduction of work/school***	Increase heart rate	Add movement	Resume usual intensity of exercise, coordination, and increased thinking	Restore confidence; assess functional skills	
Move to Step 2A and increase intensity of activity.	No new or worsening symptoms for 24 hours beyond mild and brief exacerbation? Yes: Move to Step 2B No: Try again the next day	No new or worsening symptoms for 24 hours beyond mild and brief exacerbation? Yes: Move to Step 3 No: Try again the next day	No new or worsening symptoms for 24 hours beyond mild and brief exacerbation? Yes: Move to Step 4 No: Try again the next day	No new or worsening symptoms for 24 hours beyond mild and brief exacerbation? Yes: Move to Step 5 No: Move back to Step 3	No new or worsening symptoms for 24 hours beyond mild and brief exacerbation? Yes: Move to Step 6 No: Move back to Step 4	Note: Premature return to contact sports (full practice and game play) may cause a significant setback in recovery.
Time & Date completed:	Time & Date completed:	Time & Date completed:	Time & Date completed:	Time & Date completed:	Time & Date completed:	

*Relative rest: activities of daily living including walking and other symptom-limited physical and cognitive activities are permitted, as tolerated.

**Mild and brief exacerbation of symptoms: an increase of no more than 2 points on a 0-10 point scale for less than an hour when compared with the baseline value reported prior to the activity (i.e., physical or cognitive).

***Refer to Return to School and Return to Work

Medical determination of readiness to return to at-risk activities should occur prior to returning to any activities that pose risk of contact, collision, or fall.

BOTH TOOLS CAN BE USED IN PARALLEL; HOWEVER, RETURN TO SCHOOL SHOULD BE COMPLETED BEFORE RETURN TO SPORT IS COMPLETED