



RETURN TO PLAY AFTER CONCUSSION

Return to activity/play needs to be implemented by the treating provider. Prior to progressing past Step #2, the student should be symptom free and completely back to school. If symptoms return during the progression, stop activity immediately and call the Concussion Line at (414) 337-8000.

STEP #1

Symptom-limited activities of daily life (school and walking).

STEP #2

Light aerobic exercise: 10-15 minutes on an exercise bike or light jogging. No weight lifting, resistance training, or any other exercise outside of this.

STEP #3

Moderate aerobic exercise: 20-40 minutes of running/biking at moderate intensity in the gym or on the field. Attempt interval workouts alternating sprinting/jogging, etc. No helmet or other equipment.

STEP #4

NON-CONTACT agility/sports specific drills: May begin weight lifting, resistance training, aerobic conditioning and all other noncontact exercise if no return of symptoms. May wear helmet but no additional equipment at this step.

STEP #5


Full contact practice or training in full equipment.

STEP #6

Full game play, no restrictions.

*There should be at least 24 hours (or longer) for each step of the progression. If any symptoms worsen during exercise, the athlete should go back to the previous step.

Concussion resources available:

 (414) 337-8000

 chw.org/concussion



Orthopedics and Sports Medicine