

Gradual Return to Play Guidelines—Cheerleading

Rehab Stage	Objective	Activity
1. No Activity	<ul style="list-style-type: none"> • Complete physical and cognitive rest 	<ul style="list-style-type: none"> • Complete Rest from activity • Limit stress including TV, computer, schoolwork
2. Light aerobic exercise	<ul style="list-style-type: none"> • Begin light aerobic activity 	<ul style="list-style-type: none"> • 10-15 minutes of walking at home or at gym, or stationary bike
3. Moderate aerobic exercise	<ul style="list-style-type: none"> • Increase aerobic activity 	<ul style="list-style-type: none"> • 20-30 minutes moderate aerobic conditioning (e.g. jogging) • Resistance training with body weight: squats and push-ups, 1 set 10 reps each • Stretching (active stretching initiated)
4. Vertical work (no inversion)	<ul style="list-style-type: none"> • Maximize aerobic activity • Introduce head movements 	<ul style="list-style-type: none"> • Moderate conditioning jumps (toe touch, Herkie, double hook) • 15 yard sprints (as in tumbling pass) • Stunting with feet on ground • No tumbling or spotting
5. Intro level tumbling	<ul style="list-style-type: none"> • Add deceleration/rotational forces in controlled setting • Introduce inversion—vestibular stress 	<ul style="list-style-type: none"> • Round offs • Walkovers • Handspring (1) • Light tumbling • Progress from non-inverted lifts to inverted lifts • Cradle catch
6. Full practice (after medical clearance)	<ul style="list-style-type: none"> • Reassess for symptoms every 30 minutes 	<ul style="list-style-type: none"> • Normal training activities
<ul style="list-style-type: none"> • Allow at least 24 hours between stages, and if symptomatic at any stage, drop to the prior stage • All athletes should complete the above progressive program prior to returning to play 		

Gradual Return to Play Guidelines—Football

Rehab Stage	Objective	Activity
1. No Activity	<ul style="list-style-type: none"> Complete physical and cognitive rest 	<ul style="list-style-type: none"> Complete Rest from activity Limit stress including TV, computer, schoolwork
2. Light aerobic exercise	<ul style="list-style-type: none"> Begin light aerobic activity 	<ul style="list-style-type: none"> 10-15 minutes of walking at home or at gym, or stationary bike
3. Moderate aerobic exercise and light resistance training	<ul style="list-style-type: none"> Increase aerobic activity 	<ul style="list-style-type: none"> 20-30 minutes jogging with helmet Resistance training with body weight: squats and push-ups, 1 set 10 reps each Stretching (active stretching initiated)
4. Non-contact football drills	<ul style="list-style-type: none"> Maximize aerobic activity Introduce rotational head movements Accelerate to full speed with change of directions (cuts) 	<ul style="list-style-type: none"> Moving in and out of 3 point stance Bear crawls through tunnel Tires Step over bags (vertical and lateral) QB/center exchange QB drop backs Passing Break downs and pant Jump cuts Backpedaling Match the hips Up/downs *start without helmet; progress to helmet and shoulder pads if symptom free
5. Full contact practice (after medical clearance)	<ul style="list-style-type: none"> Reassess for symptoms every 30 minutes 	<ul style="list-style-type: none"> Normal training activities
6. Return to play	<ul style="list-style-type: none"> Reassess for symptoms frequently 	<ul style="list-style-type: none"> Normal game play
<ul style="list-style-type: none"> Allow at least 24 hours between stages, and if symptomatic at any stage, drop to the prior stage All athletes should complete the above progressive program prior to returning to play 		

Gradual Return to Play Guidelines—Soccer

Rehab Stage	Objective	Activity
1. No Activity	<ul style="list-style-type: none"> • Complete physical and cognitive rest 	<ul style="list-style-type: none"> • Complete Rest from activity • Limit stress including TV, computer, schoolwork
2. Light aerobic exercise	<ul style="list-style-type: none"> • Begin light aerobic activity 	<ul style="list-style-type: none"> • 10-15 minutes of walking at home or at gym, or stationary bike
3. Moderate aerobic exercise	<ul style="list-style-type: none"> • Increase aerobic activity 	<ul style="list-style-type: none"> • 20-30 minutes moderate aerobic conditioning (e.g. jogging) • Resistance training with body weight: squats and push-ups, 1 set 10 reps each • Stretching (active stretching initiated)
4. Non-contact training drills	<ul style="list-style-type: none"> • Maximize aerobic activity • Introduce rotational head movements • Accelerate to full speed with change of directions (cuts) 	<ul style="list-style-type: none"> • Inside/inside • Top tapping the ball • Dribbling in straight line • Dribbling around cones • Chipping • Goal-keeper punts • Goal-keeper catches • Long and short passing (inside foot and instep) • Shooting • Volleys
5. Full practice (after medical clearance)	<ul style="list-style-type: none"> • Reassess for symptoms every 30 minutes 	<ul style="list-style-type: none"> • Normal training activities
6. Return to play	<ul style="list-style-type: none"> • Reassess for symptoms frequently 	<ul style="list-style-type: none"> • Normal game play
<ul style="list-style-type: none"> • Allow at least 24 hours between stages, and if symptomatic at any stage, drop to the prior stage • All athletes should complete the above progressive program prior to returning to play 		

Gradual Return to Play Guidelines—Basketball

Rehab Stage	Objective	Activity
1. No Activity	<ul style="list-style-type: none"> • Complete physical and cognitive rest 	<ul style="list-style-type: none"> • Complete Rest from activity • Limit stress including TV, computer, schoolwork
2. Light aerobic exercise	<ul style="list-style-type: none"> • Begin light aerobic activity 	<ul style="list-style-type: none"> • 10-15 minutes of walking at home or at gym, or stationary bike
3. Moderate aerobic exercise	<ul style="list-style-type: none"> • Increase aerobic activity 	<ul style="list-style-type: none"> • 20-30 minutes moderate aerobic conditioning (e.g. jogging) • Resistance training with body weight: squats and push-ups, 1 set 10 reps each • Stretching (active stretching initiated)
4. Non-contact training drills	<ul style="list-style-type: none"> • Maximize aerobic activity • Introduce rotational head movements • Accelerate to full speed with change of directions (cuts) 	<ul style="list-style-type: none"> • Passing • Dribbling • Stationary shooting (progress to jump shots) • Individual post moves • Solo rebounding • Tip drill • Lay-up drill • 3 man weave • Defensive slides • Suicides • Shadowing plays
5. Full practice (after medical clearance)	<ul style="list-style-type: none"> • Reassess for symptoms every 30 minutes 	<ul style="list-style-type: none"> • Normal training activities
6. Return to play	<ul style="list-style-type: none"> • Reassess for symptoms frequently 	<ul style="list-style-type: none"> • Normal game play
<ul style="list-style-type: none"> • Allow at least 24 hours between stages, and if symptomatic at any stage, drop to the prior stage • All athletes should complete the above progressive program prior to returning to play 		

Gradual Return to Play Guidelines—Lacrosse (Boys)

Rehab Stage	Objective	Activity
1. No Activity	<ul style="list-style-type: none"> Complete physical and cognitive rest 	<ul style="list-style-type: none"> Complete Rest from activity Limit stress including TV, computer, schoolwork
2. Light aerobic exercise	<ul style="list-style-type: none"> Begin light aerobic activity 	<ul style="list-style-type: none"> 10-15 minutes of walking at home or at gym, or stationary bike
3. Moderate aerobic exercise	<ul style="list-style-type: none"> Increase aerobic activity 	<ul style="list-style-type: none"> 20-30 minutes moderate aerobic conditioning (e.g. jogging) Resistance training with body weight: squats and push-ups, 1 set 10 reps each Stretching (active stretching initiated)
4. Non-contact training drills	<ul style="list-style-type: none"> Maximize aerobic activity Introduce rotational head movements Accelerate to full speed with change of directions (cuts) 	<ul style="list-style-type: none"> Cradling Catching Scooping Fielding ground balls Shooting Change of direction Give and go Waterfall drill Hamster drill Pinwheel drill Eagle eye drill <p>*start with helmet and gloves, progress to full pads if symptom free</p>
5. Full practice (after medical clearance)	<ul style="list-style-type: none"> Reassess for symptoms every 30 minutes 	<ul style="list-style-type: none"> Normal training activities
6. Return to play	<ul style="list-style-type: none"> Reassess for symptoms frequently 	<ul style="list-style-type: none"> Normal game play
<ul style="list-style-type: none"> Allow at least 24 hours between stages, and if symptomatic at any stage, drop to the prior stage All athletes should complete the above progressive program prior to returning to play 		

Gradual Return to Play Guidelines—Lacrosse (Girls)

Rehab Stage	Objective	Activity
1. No Activity	<ul style="list-style-type: none"> Complete physical and cognitive rest 	<ul style="list-style-type: none"> Complete Rest from activity Limit stress including TV, computer, schoolwork
2. Light aerobic exercise	<ul style="list-style-type: none"> Begin light aerobic activity 	<ul style="list-style-type: none"> 10-15 minutes of walking at home or at gym, or stationary bike
3. Moderate aerobic exercise	<ul style="list-style-type: none"> Increase aerobic activity 	<ul style="list-style-type: none"> 20-30 minutes moderate aerobic conditioning (e.g. jogging) Resistance training with body weight: squats and push-ups, 1 set 10 reps each Stretching (active stretching initiated)
4. Non-contact training drills	<ul style="list-style-type: none"> Maximize aerobic activity Introduce rotational head movements Accelerate to full speed with change of directions (cuts) 	<ul style="list-style-type: none"> Cradling Catching Scooping Fielding ground balls Shooting Change of direction Give and go Waterfall drill Hamster drill Pinwheel drill Eagle eye drill
5. Full practice (after medical clearance)	<ul style="list-style-type: none"> Reassess for symptoms every 30 minutes 	<ul style="list-style-type: none"> Normal training activities
6. Return to play	<ul style="list-style-type: none"> Reassess for symptoms frequently 	<ul style="list-style-type: none"> Normal game play
<ul style="list-style-type: none"> Allow at least 24 hours between stages, and if symptomatic at any stage, drop to the prior stage All athletes should complete the above progressive program prior to returning to play 		

Gradual Return to Play Guidelines—Baseball/Softball

Rehab Stage	Objective	Activity
1. No Activity	<ul style="list-style-type: none"> Complete physical and cognitive rest 	<ul style="list-style-type: none"> Complete Rest from activity Limit stress including TV, computer, schoolwork
2. Light aerobic exercise	<ul style="list-style-type: none"> Begin light aerobic activity 	<ul style="list-style-type: none"> 10-15 minutes of walking at home or at gym, or stationary bike
3. Moderate aerobic exercise	<ul style="list-style-type: none"> Increase aerobic activity 	<ul style="list-style-type: none"> 20-30 minutes moderate aerobic conditioning (e.g. jogging) Resistance training with body weight: squats and push-ups, 1 set 10 reps each Stretching (active stretching initiated)
4. Non-contact training drills	<ul style="list-style-type: none"> Maximize aerobic activity Introduce rotational head movements Accelerate to full speed with change of directions (cuts) 	<ul style="list-style-type: none"> Interval throwing program Bullpen pitching Fielding ground balls Double plays Catching fly balls Running bases Pick off attempts Catcher coming out of crouch Dry cuts Bunting Hitting off a tee
5. Full practice (after medical clearance)	<ul style="list-style-type: none"> Reassess for symptoms every 30 minutes 	<ul style="list-style-type: none"> Normal training activities
6. Return to play	<ul style="list-style-type: none"> Reassess for symptoms frequently 	<ul style="list-style-type: none"> Normal game play
<ul style="list-style-type: none"> Allow at least 24 hours between stages, and if symptomatic at any stage, drop to the prior stage All athletes should complete the above progressive program prior to returning to play 		

Gradual Return to Play Guidelines—Ice Hockey

Rehab Stage	Objective	Activity
1. No Activity	<ul style="list-style-type: none"> • Complete physical and cognitive rest 	<ul style="list-style-type: none"> • Complete Rest from activity • Limit stress including TV, computer, schoolwork
2. Light aerobic exercise	<ul style="list-style-type: none"> • Begin light aerobic activity 	<ul style="list-style-type: none"> • 10-15 minutes of walking at home or at gym, or stationary bike
3. Moderate aerobic exercise	<ul style="list-style-type: none"> • Increase aerobic activity 	<ul style="list-style-type: none"> • 20-30 minutes moderate aerobic conditioning (e.g. jogging) • Resistance training with body weight: squats and push-ups, 1 set 10 reps each • Stretching (active stretching initiated)
4. Non-contact training drills	<ul style="list-style-type: none"> • Maximize aerobic activity • Introduce rotational head movements • Accelerate to full speed with change of directions (cuts) 	<ul style="list-style-type: none"> • Skating backward (all ages) • Skating laterally (age 8+) • Skating with the puck • Stick handling • Face off • Passing • Shooting • Shadow positioning • Goal keeper positioning
5. Full practice (after medical clearance)	<ul style="list-style-type: none"> • Reassess for symptoms every 30 minutes 	<ul style="list-style-type: none"> • Normal training activities
6. Return to play	<ul style="list-style-type: none"> • Reassess for symptoms frequently 	<ul style="list-style-type: none"> • Normal game play
<ul style="list-style-type: none"> • Allow at least 24 hours between stages, and if symptomatic at any stage, drop to the prior stage • All athletes should complete the above progressive program prior to returning to play 		

Gradual Return to Play Guidelines—Wrestling

Rehab Stage	Objective	Activity
1. No Activity	<ul style="list-style-type: none"> • Complete physical and cognitive rest 	<ul style="list-style-type: none"> • Complete Rest from activity • Limit stress including TV, computer, schoolwork
2. Light aerobic exercise	<ul style="list-style-type: none"> • Begin light aerobic activity 	<ul style="list-style-type: none"> • 10-15 minutes of walking at home or at gym, or stationary bike
3. Moderate aerobic exercise and light resistance training	<ul style="list-style-type: none"> • Increase aerobic activity 	<ul style="list-style-type: none"> • 20-30 minutes jogging with helmet • Resistance training with body weight: squats and push-ups, 1 set 10 reps each • Stretching (active stretching initiated)
4. Non-contact football drills	<ul style="list-style-type: none"> • Maximize aerobic activity • Introduce rotational head movements • Accelerate to full speed with change of directions (cuts) 	<ul style="list-style-type: none"> • Shooting single/double leg • Hand fighting • Sit-outs from a referee's position • Stand-up escapes • Leg riding <p>*all drills done at half speed, then progress to full speed if no symptoms</p>
5. Full contact practice (after medical clearance)	<ul style="list-style-type: none"> • Reassess for symptoms every 30 minutes 	<ul style="list-style-type: none"> • Normal training activities
6. Return to play	<ul style="list-style-type: none"> • Reassess for symptoms frequently 	<ul style="list-style-type: none"> • Normal match play
<ul style="list-style-type: none"> • Allow at least 24 hours between stages, and if symptomatic at any stage, drop to the prior stage • All athletes should complete the above progressive program prior to returning to play 		