

Return to Play: Sport Specific Recommendations Volleyball



| Return to Play- Volleyball | | | |
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| Stage | Activity | Soccer Specific Exercise | Objective of the stage |
| I | Limited physical activity that does not exacerbate symptoms for at least 2 days | <ul style="list-style-type: none"> • Untimed walking okay • No activities requiring exertion (weightlifting, jogging, P.E. classes) | <ul style="list-style-type: none"> • Recovery and elimination of symptoms |
| II-A | Light aerobic activity Must be performed under direct supervision by designated individual | <ul style="list-style-type: none"> • 10-15 min walking on treadmill or in quiet area • 10-15 minutes of stationary bike | <ul style="list-style-type: none"> • Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., < 100 beats per min) • Monitor for symptom return |
| II-B | Moderate aerobic activity (<i>Light resistance training</i>) | <ul style="list-style-type: none"> • 20-30 minutes jogging • Resistance training- body weight squats and push-ups – 1 set of 10 reps each | <ul style="list-style-type: none"> • Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) • Monitor for symptom return |
| II-C | Strenuous aerobic activity (<i>moderate resistance training</i>) | <ul style="list-style-type: none"> • 30-45 minutes running or stationary biking • Weightlifting \leq50% max weight | <ul style="list-style-type: none"> • Increase heart rate to 75% max exertion • Monitor for symptom rtn |
| II-D | Non-contact volleyball specific drills | <ul style="list-style-type: none"> • Sports specific exercise (add movement) • Advance to full speed running. Begin skills practice (bumping, setting, serving) one-on-one with coach or teammate. Begin ball drills against a wall | <ul style="list-style-type: none"> • Maximize aerobic activity • Accelerate to full speed with change of directions (cuts) • Introduce rotational head movements • Monitor for symptom return |
| <p>Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor and/or coach</p> | | | |
| III-A | Limited contact volleyball drills | <ul style="list-style-type: none"> • Progress to non-contact training drills (exertion, coordination, cognitive load); advanced drills with ball (passing, blocking, digging). Multiple player drills • | <ul style="list-style-type: none"> • Maximize aerobic activity • Add deceleration/ rotational forces in controlled setting • Monitor for symptom return |
| III-B | Full practice (after medical clearance) | <ul style="list-style-type: none"> • Normal training activities – live drills, full team scrimmage | <ul style="list-style-type: none"> • Reassess for symptoms every 30 minutes throughout the practice • Monitor for symptoms |
| <p>MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice</p> | | | |
| IV | Return to play (competition) | <ul style="list-style-type: none"> • Normal game play | <ul style="list-style-type: none"> • Return to full sport activity without restriction |

