

CONCUSSION

RETURN TO PLAY

- » 24 – 48 HOURS OF COMPLETE REST (PHYSICAL AND MENTAL) CONSULT YOUR DOCTOR FOR CLEARANCE BEFORE STARTING A RETURN TO PLAY (RTP) PROGRAM
- » THE RTP SHOULD BE SUPERVISED BY YOUR DOCTOR OR TRAINER EXPERIENCED IN THE RTP PROGRAM
- » CHILDREN UNDER 19 YEARS OLD SHOULD PROGRESS SLOWER THROUGH THE RTP PROGRAM (TWICE AS LONG)
- » RETURN TO SCHOOL/WORK WITHOUT SYMPTOMS BEFORE STARTING A RETURN TO PLAY PROGRAM

1. SYMPTOM-LIMITED ACTIVITY

- » NORMAL DAILY ACTIVITIES THAT DON'T MAKE SYMPTOMS ANY WORSE OR PROVOKE NEW ONES

2. LIGHT AEROBIC EXERCISE

- » WALKING OR EXERCISE BIKE (SLOW TO MEDIUM PACE)

3. SPORT SPECIFIC EXERCISE

- » RUNNING DRILLS (NO CONTACT ACTIVITIES)

4. NON-CONTACT TRAINING DRILLS

- » PROGRESS TO MORE COMPLEX TRAINING DRILLS E.G PASSING DRILLS MAY START LIGHT PROGRESSIVE RESISTANCE/WEIGHT TRAINING

5. FULL CONTACT TRAINING

- » ONLY AFTER FULL DOCTOR CLEARANCE COACHES TO CHECK TACKLING TECHNIQUE

6. RETURN TO PLAY

- » NORMAL GAME/MATCH PLAY

EACH STAGE SHOULD TAKE AT LEAST 24 HOURS. IF ANY SYMPTOMS WORSEN OR DEVELOP DURING ANY STAGE THEN STOP, WAIT FOR SYMPTOMS TO RESOLVE AND REST FOR 24 HOURS BEFORE STARTING AT THE PREVIOUS STAGE



For more info please see your Accredited Sports Trainer and
PLAYNRL.COM

