

## RETURN-TO-SPORT STRATEGY

### *WWSD Concussion Protocol*

<b>Stage</b>	<b>Aim</b>	<b>Activity</b>	<b>Goal of each step</b>
<b>1</b>	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual reintroduction of work/school activities
<b>2</b>	Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance or weight training. No physical activities with others or using equipment.	Increase heart rate
<b>3</b>	Sport-specific exercise, simple locomotor activities	Simple individual drills (e.g., running/throwing drills, shooting drills) in predictable and controlled environments with no risk of re-injury. No resistance or weight training.	Add movement
<b>4</b>	Non-contact training drills	Progressively increase physical activities. More complex training drills (e.g., passing drills). May start progressive resistance training.	Exercise, coordination and increased thinking
<b>5</b>	Full contact practice	Following return to full-time school and medical clearance.	Restore confidence and assess functional skills by supervising staff
<b>6</b>	Return to sport	Full participation in sports and physical activity with no restrictions.	

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5<sup>th</sup> international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.

