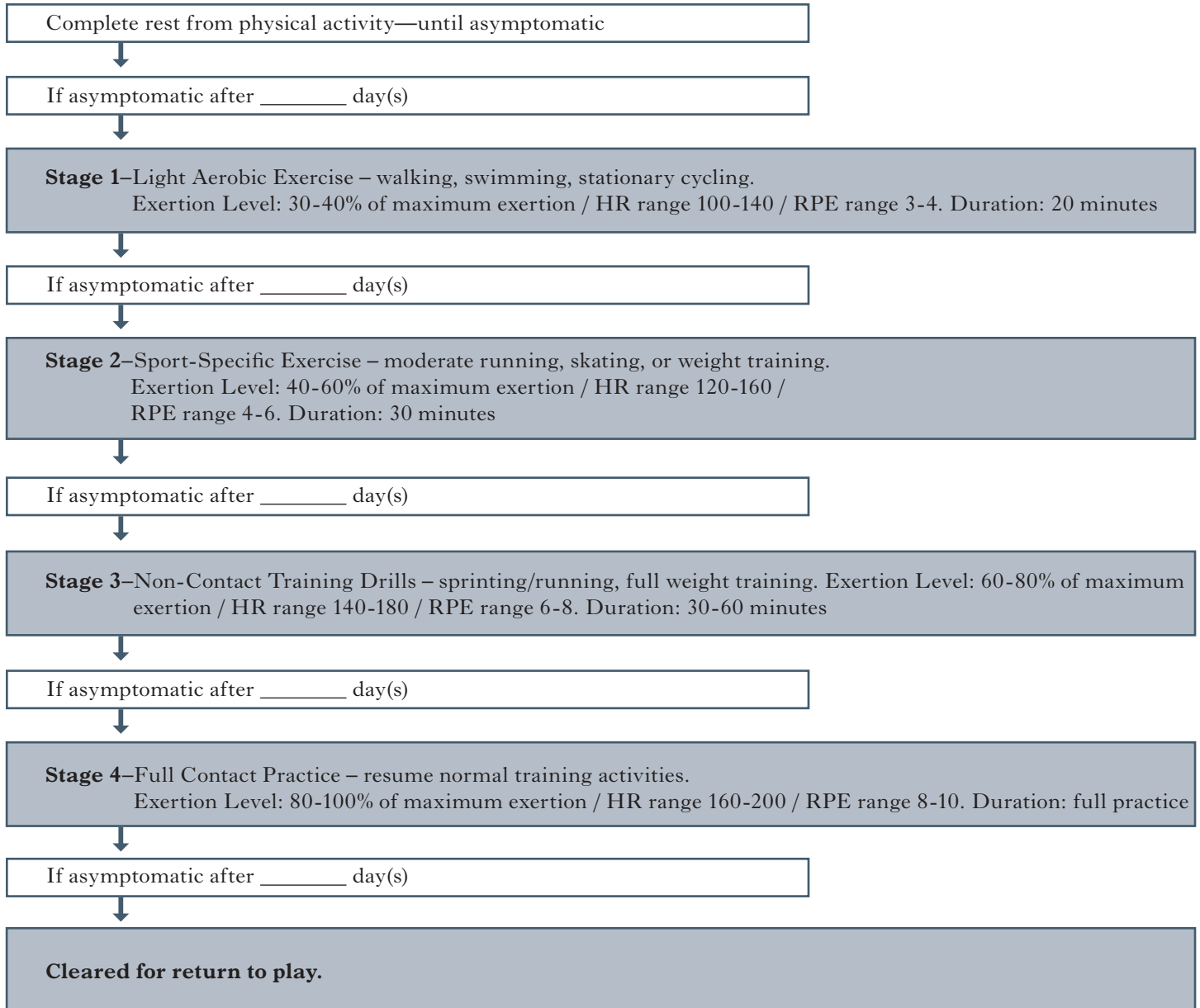


Sanford Health Sports Concussion Program

Graduated "Return to Play" Protocol
 (Guidelines for exercise progression from your Health Care Provider)



Please note

- Each stage is to take at least 24 hours, but longer in recurrent or severe cases.
- Each stage should be completed without a return of concussive symptoms before proceeding to the next stage.
- If the athlete becomes symptomatic during the course of the protocol, he or she should be reevaluated by a health care provider for clearance before restarting the protocol. When the athlete restarts the protocol, he or she needs to begin again at stage 1.