

Sanford Health Sports Concussion Program

Graduated "Return to Play" Protocol

(Guidelines for exercise progression from your Health Care Provider) Complete rest from physical activity—until asymptomatic If asymptomatic after day(s) Stage 1-Light Aerobic Exercise - walking, swimming, stationary cycling. Exertion Level: 30-40% of maximum exertion / HR range 100-140 / RPE range 3-4. Duration: 20 minutes If asymptomatic after day(s) Stage 2-Sport-Specific Exercise - moderate running, skating, or weight training. Exertion Level: 40-60% of maximum exertion / HR range 120-160 / RPE range 4-6. Duration: 30 minutes If asymptomatic after _ day(s) Stage 3-Non-Contact Training Drills - sprinting/running, full weight training. Exertion Level: 60-80% of maximum exertion / HR range 140-180 / RPE range 6-8. Duration: 30-60 minutes If asymptomatic after day(s) **Stage 4**–Full Contact Practice – resume normal training activities. Exertion Level: 80-100% of maximum exertion / HR range 160-200 / RPE range 8-10. Duration: full practice If asymptomatic after day(s) Cleared for return to play.

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.