

DC WEST RETURN TO PLAY

Following a head injury

Following a head injury the adolescent brain can heal in a few weeks. However for some athletes, the symptoms may last for a month or longer. Concussion symptoms may return at any point of the healing process. At DC West we want your student-athlete to return to play when they are fully recovered and ready to compete. Along with our athletic trainer the athlete will complete this step by step progression to get them back in the game as safety is our main concern.

STEP & GOAL	ACTIVITY	PLAN & DATE COMPLETED
1 REST-RECOVERY	<ul style="list-style-type: none"> Complete rest from digital & cognitive demanding tasks./ 48 hours max rest prior to step 2 Full night sleep/ naps 	
2 LIGHT AEROBIC EXERCISE- INCREASE HEART RATE	<ul style="list-style-type: none"> Return to school & daily activities that do not increase symptoms - symptom free to progress to 3 Light walking/jogging/bike/swim 30 mins max NO RESISTANCE TRAINING NO ACTIVITY WITH CONTACT MODIFIED PE CLASS 	
3 SPORTS SPECIFIC EXERCISE- COORDINATION	<ul style="list-style-type: none"> Running Shooting/agility/ ball drills/kicking NO RESISTANCE TRAINING NO CONTACT/SCRIMMAGE MODIFIED PE CLASS 	
4 NON-CONTACT TRAINING- COORDINATION & COGNITIVE LOAD	<ul style="list-style-type: none"> Play walk-through with team All conditioning with team CAN do resistance training Non-Contact PE Class 	
5 FULL CONTACT PRACTICE- RESTORE CONFIDENCE & FUNCTION	<ul style="list-style-type: none"> Can participate in a full practice without modifications 	
6 GAME DAY READY- PLAY A FULL GAME WITHOUT SYMPTOMS DURING & AFTER	<p>If all steps were completed without a return of symptoms then the athlete can return to competition with medical professional & parent(s)/guardian signature on file.</p> <p>PARENT(S)/GUARDIAN SIGNATURE: _____</p>	<p><input type="checkbox"/> CLEARED</p> <p>DATE: _____</p> <p>_____ Stephannie Maca, ATC</p>

Each step is 24 hour period in between with no increase or onset of new of symptoms