



FHA Concussion Clinic

Graded Return to Physical Activity Following a Concussion Soccer Specific Return Protocol

Stage	Objective	
Stage 1 Symptom-Limited Activity	Rest and Recovery	<ul style="list-style-type: none"> As tolerated, may do up to 30 minutes of light aerobic activity and/or stretching each day. Must stop and rest immediately for any increase in symptoms. Otherwise, NO PE, sports or conditioning.
Stage 2 Light Aerobic Activity	Increase Heart Rate 30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> 20 Minute Walking at 2.5 mph or Stationary Bike without resistance. NO contact, resistance or weight training.
Stage 3 Sport-Specific Exercises	Add Movement 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> 20-30 minute run at 5-6 mph. 2x10 reps of lunges. 2x10 reps of sit ups. 2x10 reps push-ups. Practice individual drills x 15 minutes: can include jogging, cone drills, penalty/goal/corner kicks, sprints, and backpedaling. NO HEADERS OR DIVING FOR BALL! NO GOALIE PLAY!
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Warm Up (jogging & stretching) x 10-20 minutes. May participate in Noncontact practice with teammates for 45 minutes. This may include frills from stage 3, but NO TOUCHING ANOTHER PERSON, NO HEADERS, NO DIVING FOR BALL, AND NO GOALIE PLAY! Burpees with a jump x10. <p><i>If conditioning, may resume 50% previous weight.</i></p>
Medical Evaluation and Clearance		
Stage 5 Full Contact Practice	Restore Confidence and Assess Functional Skills by Coaching Staff Reach Full Exertion	<ul style="list-style-type: none"> Full contact practice, including headers, dives, and goalie play. <p><i>If conditioning, may resume 100% previous weight.</i></p>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> Full participation in competition.