

Bend Timbers Return to Sport Post-concussion Protocol

ONLY ONE STEP MAY BE DONE PER 24 HOURS. In order to progress to the next step, athlete must stay symptom free on current step. If symptoms are exacerbated at any time the athlete needs to stop activity, then the athlete must go back to the previous step. The athlete may not re-start steps until symptom free for 24 hours unless otherwise instructed by a medical professional.

Step 0. **(Day of concussion)** Total Rest.

- Limit cell phone/television/electronics use/reading
- No further physical activity

Step 1. Rest

- See physician/medical professional (Must see within 72 hours of suspected concussion)
- Limit cell phone/television/electronics use/reading

Step 2. Light Aerobic Activity

- May start after all symptoms have subsided for 24 hours
- Very limited time (15-30 minutes) with slightly elevated heart rate
- Potential activities: static stretching, dynamic stretching, jog, juggle soccer ball (feet and knees only)
- No resistance or weight training. No running or sprinting
- *May schedule ImPACT testing, must complete any time before step 5*

Step 3. Moderate Aerobic Activity

- Limited to 60 minutes
- May begin running (not sprinting)
- Potential activities: half field runs, run-jog intervals, dribble ball with pace, moderate-intensity **individual** drills
- No resistance or weight training. No sprinting yet.

Step 4. Non-Contact Practice

- Must be back at school full time with no accommodations
- May work-out for unrestricted amount of time
- May begin sprints and weight lifting/resistance training
- May join in on non-contact (no offense vs defense) drills
- No heading the ball

Step 5. Medical Clearance

- Have post-concussive ImPACT Test completed
- Follow up with doctor/medical professional if needed
- Obtain written clearance to give to coach prior to starting step 6

Step 6. Full-Contact Practice

- Unrestricted practice
- May begin heading the ball

Step 7. Game Ready/Full Participation

****If an athlete receives clearance from a physician that is not aware of the Bend FC Timbers Return to Sport protocol, the athletic trainer or coach may still withhold the athlete from returning to play until it has been completed.****