

Gradual Return to Play Protocol  
Soccer

<b>Step 1</b>	Cognitive Pacing – Monitor Symptoms. Cognitive activities that increase symptoms should be avoided
<b>Step 2</b>	Academic Pacing – Return to Learn Notify School about concussion Academic Adjustments in the classroom maybe needed
<b>Step 3</b>	<b>ONLY IF</b> 1) Concussed individual is symptom free for 24-48 hours 2) Concussed individual in in school full time and not receiving any classroom adjustments 3) Written medical Clearance from Medical professional obtained  <b>THEN CONCUSSED INDIVIDUAL MAY</b> Begin light aerobic exercise such as stationary bike for 10-20 min or 2-3 ten minutes jog with a ten to fifteen minute rest period between runs
<b>Step 4</b>	Moderate Activity – such as fast pace running and/or longer running such as 15 - 20 minute run.
<b>Step 5</b>	Sport Specific and Non-contact drills – May participate in non-contact drills. Control small side games. NO HEADING. Goalie drills with controlled diving.
<b>Step 6</b>	Full contact practice. No limitation
<b>Step 7</b>	Play in Game

- Before beginning physical activity in the return to play protocol, the concussed individual must first be back to school full time without any academic adjustments and be symptom free.
- Before the concussed individual can proceed to the next step of the protocol, he or she must be symptom free and each step must be separated by a full 24 hours.



