

POST-CONCUSSION RETURN TO DERBY PROTOCOL

THIS CONTENT IS NOT INTENDED TO BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS OR TREATMENT.

1. NO ACTIVITY

(RFCOVFRY)

Complete Physical and Cognitive Rest until Medical Clearance

Symptom Free for 24

Yes: Begin Step 2

No: Continue Resting

2. LIGHT AEROBIC EXERCISE

(INCREASE HEART RATE)

Walking, Swimming, Stationary Cycling.

Heart Rate <70% - 15 min

Symptom Free for Next 24 Hours?

Yes: Begin Step 3

No: Rest Further until Symptom Free

3. SPORT SPECIFIC EXERCISE

(ADD MOVEMENT)

Skating Drills: pace line, forward/backward, transitions, etc.

Running Drills

NO Head Impact Activities

Heart Rate <80% - 45 min

Symptom Free for Next 24 Hours?

Yes: Begin Step 4

No: Return to Step 2 until Symptom Free

4. NON-CONTACT TRAINING DRILLS

(INCREASED EXERCISE, COORDINATION & ATTENTION)

Progress to
Complex Training
Drills
(e.g., agility drills,
footwork, advanced
non-contact
paceline drills)

May Start Resistance Training

Heart Rate <90% - 60min

Symptom Free for Next 24 Hours?

Yes: Begin Step 5

No: Return to Step 3 until Symptom Free

5. FULL CONTACT PRACTICE

(RESTORE CONFIDENCE & ASSESS FUNCTIONAL SKILLS)

If Symptom Free, Return to Normal Training Activities

(Start with scrimmage based drills, and progress to scrimmaging)

Symptom Free for Next 24 Hours?

Yes: Return to Play

No: Return to Step 4 until Symptom Free

ADAPTED FROM THE SPORTS CONCUSSION INSTITUTE.

Reference: Consensus Statement on Concussion in Sport: the 3rd International Conference on Concussion in Sport held in Zurich (2008), Br J of Sports Med 2009; 43: i76-i84 doi:10.1136/bjsm.2009.058248