



Concussion occurs +
24-48 hrs relative rest

Concussion

Return to Play Steps



The following RTP guidelines are from the CISG Amsterdam Consensus Statement¹

Stage	Activity Examples	Goal
1	Symptom Limited Activity - Daily activities (physical and cognitive) that do not exacerbate symptoms by more than 2 points (out of 10). - Walking, light reading, normal activities etc. 	Gradual reintroduction of school and work
2	Aerobic Exercise - Stationary cycling or walking at a slow to medium pace. - Light = up to approximately 55% maxHR. - Moderate = up to approximately 70% maxHR. 	Increase heart rate via prescribed aerobic exercise
3	Sport Specific Exercise - Drills should be away from the team environment. - Decrease the risk of potential or inadvertent head injury. 	Running, add movement, change in direction
 Steps 4-6 should begin after the resolution of symptoms and abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion		
4	Non-Contact Training Drills Exercise at high intensity levels within a team environment. 	Resume exercise, coordination and increase thinking
5	Full Contact Practice Participate in normal practice/training activities. 	Restore confidence and assess functional skills by coaching staff
6	Return to Sport 	

Important Notes:

- Each step must take a minimum of 24 hours
- Step 1 may begin within 24 hours of injury
- If symptoms increase by more than 2 points during steps 1-3, the athlete should stop what they are doing and repeat that step again the following day
- Sway Medical recommends administering a Sports+ assessment before full return to sport