

MSAD 52 Progressive Return to Play Procedure

Take Impact Neurological test and complete physical examination as soon as possible to determine severity of injury.

Once a-symptomatic for 2 days, progression will begin.

2 days a-symptomatic.

Day 3: begin light aerobic exercise (walking or stationary bike) and re-take Impact test

If no symptoms

Day 4: walking and sport specific exercises non-contact

If no symptoms

Day 5: light resistance training, play without chance of getting hit in head, and re-take impact test

If no symptoms and Impact Test is back to normal,

Day 6: full play

If at any time symptoms return, we will back up to the last stage where there were no symptoms and return to progression

Final return to play decisions will be under the Athletic Trainer's discretion with the involvement of a physician when needed.

Adopted: March 2013