

NorthWood Sports Medicine Rehabilitation of the “Concussed Athlete” Protocol

There is a minimum 24 hour waiting/recovery period between steps.

If signs and symptoms of a concussion re-occur, the athlete must return to the previous stage and be re-evaluated by a licensed health care provider.

- Step 1: Complete Rest
-Both Physical and Cognitive Rest
- Step 2: Light Aerobic Activity/Exercise
-Stationary Bike (15 minutes) followed by Treadmill Running (15 minutes)
-Athlete evaluated for symptoms after each exercise
-Target Heart Rate less than 70% maximum predicted heart rate
- Step 3: Non-Contact Training Drills
-Resistance training, jumping, cutting, agility, and plyometric exercises
-“Sport Specific Exercises”
-Increase the athlete’s heart rate
- Step 4: Return to Team Drills with limited Contact
-“Game Speed” drills with limited contact
- Step 5: Return to Full Participation in a Practice
-must complete a full contact practice without symptoms
-NO ATHLETE CAN RETURN TO FULL ACTIVITY OR COMPETITION UNTIL THEY ARE ASYMPTOMATIC IN LIMITED, CONTROLLED, AND FULL CONTACT ACTIVITIES!