



## **EDGE Physical Therapy / Winooski High School Concussion Protocol Steps for Return-to-Play**

**Step 1:** No activity, complete rest.

**Step 2:** Light aerobic exercise such as walking or stationary biking. No resistance training.

**Step 3:** Sports specific exercise- example, skating and puck handling in hockey, running and ball skills in soccer, sideline throwing in football.

**Step 4:** Resume non-contact training drills. May add resistance training at this time.

**Step 5:** Full contact practice after receiving medical clearance.

**Step 6:** Game play.

Athletes will progress to the next step only if completely asymptomatic at the current step (Step 2 starts following the first symptom free day). Each step should take a minimum of 24 hours; symptoms may recur later in the day. If any post-concussion symptoms develop at any stage, the athlete will drop back to the previous level and try to progress again in 24 hours. No medication may be taken at any step in the progression. This is to prevent masking a more serious underlying condition.

Cases of multiple concussions in one season/school year will be handled on an individual basis.

Feel free to contact us if you have any questions:

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