

# Graduated Return to Play Protocol

<b>*Rehabilitation stage</b>	<b>* Functional exercise at each stage of rehabilitation</b>	<b>*Objective of each</b>
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum predicted heart rate  No resistance training	Increase heart rate
3. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer. No head impact activities	Add movement
4. Non-contact training drills	Progression to more complex training drills eg: passing drills in football and ice hockey May start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact practice	Following medical clearance participation in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal game play	