

Graduated Return to Play Protocol

Rehabilitation Stage

Functional Exercise at each Stage of Rehabilitation

Objective of Each Stage

1. No activity

1. Complete physical and cognitive rest Recovery

1. Recovery

2. Light aerobic exercise

2. Walking, swimming or stationary cycling
keeping intensity <70% maximum predicted heart
rate

2. Increase heart rate

No resistance training

3. Sport-specific exercise

3. Skating drills in ice hockey, running drill in soccer.
No head impact activities

3. Add movement

4. Non-contact training drills

4. Progression to more complex training drills eg:
passing drills in football and ice hockey.

4. Exercise, coordination and cognitive load

May start progressive resistance training

5. Full contact practice

5. Following medical clearance participation in
normal training activities

5. Restore confidence and assess
functional skills by coaching staff

6. Return to play

6. Normal game play

6. Return to play