



Return to Play Concussion Rehabilitation Program

Player name:.....

Date of birth:.....

Medical Clearance return to activity date:...../...../..... (certificate attached)

Date of Stage	Rehabilitation Stage	Functional exercise at each stage of rehabilitation	Asymptomatic: Yes/No	Trainer's Signature
1st Training	Light aerobic exercise	Walking & stationary cycling keeping intensity low resistance. No resistance training. Activity time to be no longer than 20 minutes		
2nd Training	Sport-specific exercise	Light running drills. No head impact activities. Activity time to be no longer than 30 minutes.		
3rd Training	Non-contact training drills	Progression to more complex training drills, eg passing drills using football. May start progressive resistance training. Activity time to be usual training session time		
4th Training	Full contact practice	Participate in normal training activities. Full contact drills, use of tackle bags etc. Activity time to be usual training session times.		
	Return to play	Normal game play		

- There should be at least 24 hours (or longer) for each stage.
- If symptoms recur, the player should rest until they resolve once again and then resume the program at the previous asymptomatic stage.
- Resistance training should only be added in the latter stages.
- If the athlete is symptomatic for more than 10 days, then consultation by a medical practitioner who is expert in the management of concussion, is recommended.
- Player must report to the trainers at the completion of each stage for assessment.

Prescribing trainer:.....

Date:...../...../.....