

Concussion Gradual Return Progression

Athlete: _____ DOI: _____ 24 hour Asymptomatic Date: _____ Sport: _____

	Date	Signs/Sxs	Notes
<p>Step 1: 10-15 min of light exercise (no resistance training or weight lifting)</p>			
<p>Step 2: 20-30 min of INDIVIDUAL sport-specific activity (no bodyhead contact, spins, dives, jumps, high speed stops, hitting with a bat or jarring motions)</p>			
<p>Step 3: Sport-specific with team, NO CONTACT – this should begin with one or 2 teammates and progress to full team practice (no checking, heading the ball, tackling or live scrimmages)</p>			
<p>Step 4: Sport-specific practice with team, CONTACT</p>			
<p>Step 5: Return to normal activity and competition</p>			

Athletic Trainer: _____