

RETURN TO SPORT



This document is intended as a guideline for managing return to activity in sport and you should follow your sporting codes return to play guidelines. Connectivity does not provide individual medical advice. Timelines and direction may vary depending on advice sought from medical professionals. Return to Sport should follow the Return to Learn and Return to Work guidelines.

AT HOME

1. RELATIVE REST

- Relative (not strict) rest for 48 hours maximum following injury; light walking or stationary bike riding during this time is ok
- Normal cognitive activities such as reading. Start with 5 - 15mins at a time
- Limit screen time for 48 hours

RELATIVE REST

Gradual return to normal activities. Symptoms should not be made more than mildly or briefly worse.

2. INCREASE LIGHT EXERCISE

- Increase light exercise (walking, swimming or exercise bike riding at a slow to medium pace)
 - Keep time spent doing each activity brief (30 minutes or less at a time)
 - Can return to light resistance training
- If symptoms increase or worsen return to previous stage**

INCREASE HEART RATE

If you are tolerating tasks move on to the next phase.

Medical clearance needs to be sought prior to stage 3

if sports specific training involves any risk of inadvertent head impact

3. SPORT-SPECIFIC EXERCISE

- Return to training, taking part in only light, non-contact drills. This includes running, change of direction and/or individual training drills
 - No activities risking head impact
- If symptoms increase or worsen return to previous stage**

ADD MOVEMENT

Include change of direction drills.

4. NON-CONTACT TRAINING DRILLS

- Progress to more skilled drills e.g. passing drills, multiplayer interactions
 - Increase resistance training
- If symptoms increase or worsen return to previous stage**

INCREASE EXERCISE DURATION

Resume usual intensity exercise, coordination and thinking

Seek Medical Clearance

5. FULL CONTACT PRACTICE

- Participate in normal training activities
 - Following medical clearance, a full return to play may resume
- If symptoms increase or worsen return to previous stage**

ASSESS

Functional skills and restore confidence

FULL RETURN TO SPORT

To minimise disruption during return to sport, early return to activities of daily living are encouraged. If symptoms are new or worsening at any stage go back to the previous stage for at least 24 hours. This may need to be done more than once during your recovery process. Remember each person is different so it is important to take your time going through each stage.

Recovering from a concussion injury can impact mental health so it's important to seek mental health care if required.

Persistent Post-Concussion Symptoms (PPCS)

Some people may experience concussion symptoms for longer than expected. These people may have PPCS. If symptoms do not improve or are worsening, seek appropriate healthcare advice or refer to your sporting code or clubs concussion policy documents. For more information on PPCS scan the QR Code.



GOALS OF EACH STAGE