

# Physical Activity & Gradual Return to Play (RTP) Progression General

**Athlete Name:** \_\_\_\_\_ **Completed By:** \_\_\_\_\_

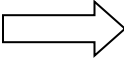
**Following a concussion, a medically supervised 5 STEP Gradual Return to Play progression must be successfully completed (symptom-free) before final medical clearance to return to competition.**

**Instructions:** The physical activity program following concussion takes place in two parts. Steps 1 and 2 start when the person is still symptomatic with the focus on helping with recovery. Step 3 begins when the athlete has been fully asymptomatic with Step 2 activities. Beginning with Step 3, assess the athlete for any symptoms occurring during the physical activity and over the next 24 hours. In the **RTP Status Box**, circle response (Symptom/No Symptom), record the date, and initials. If no symptoms are reported over the 24 hours, go to the next Step. If any symptoms return at any time during Steps 3-5, return to the previous Step and proceed. If symptoms worsen, seek medical attention. Steps 3-5 must be completed with no symptoms, and FINAL WRITTEN MEDICAL CLEARANCE must be obtained, before return to full competition.

**Player can start Step 1 after 48 hours post-injury    Date Step 1 started** \_\_\_\_\_

**Step 1: Light General Conditioning Exercises:**

- **NO CONTACT**
- Begin with a sport specific warm up.
- Do a (15-20 minute) workout which can include: stationary bicycle, fast paced walking or light jog, rowing or freestyle swimming.



**RTP Status**

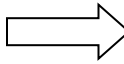
**Step 1 Date:** \_\_\_\_\_

Symptoms    No Symptoms  
**(Circle one)**

**Initials:** \_\_\_\_\_

**Step 2: General Conditioning and Sport Specific Skill Work; Individually:**

- **NO CONTACT**
- Continue with the sport specific warm-up.
- Slowly increase intensity and duration of workout (20-30 minutes).
- Begin skill work within the workout.
- Begin sport specific skill work within the workout, but no spins, dives, or jumps.



**Step 2 Date:** \_\_\_\_\_

Symptoms    No Symptoms  
**(Circle one)**

**Initials:** \_\_\_\_\_

**Player must be asymptomatic to begin Step 3. Indicate date player became asymptomatic** \_\_\_\_\_

**STEP 3: General conditioning, skill work; individually and with a team-mate:**

- **NO CONTACT**
- Continue with general conditioning (up to 60 minutes). Increase intensity and duration. Begin interval training.
- Continue with individual skill work.
- May begin skill work with a partner.
- May start beginner level spins, dives and jumps.



**Step 3 Date:** \_\_\_\_\_

Symptoms    No Symptoms  
**(Circle one)**

**Initials:** \_\_\_\_\_

**STEP 4: General conditioning, skill work and team drills::**

- **NO CONTACT** Do not play live scrimmages.
- Resume regular conditioning and duration of practice.
- Increase interval training and skill work as required.
- Gradually increase skill level of spins, dives and jumps.
- Review team plays with no contact.



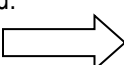
**Step 4 Date:** \_\_\_\_\_

Symptoms    No Symptoms  
**(Circle one)**

**Initials:** \_\_\_\_\_

**Step 5: Full Team Practice with Body Contact:**

- Join team in a full practice with controlled body contact.
- If a full practice is completed with no symptoms, get Final Medical Clearance form signed. Give to the coach. You are ready to return to competition.



**Step 5 Date:** \_\_\_\_\_

Symptoms    No Symptoms  
**(Circle one)**

**Initials:** \_\_\_\_\_

**Final Medical Clearance Instructions:** For final medical clearance, send this completed form to your medical provider at the successful completion of the 5-step program.

Provider: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_