

Physical Activity & Gradual Return to Play (RTP) Progression Hockey

Athlete Name: _____ **Completed By:** _____

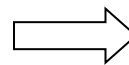
Following a concussion, a medically supervised 5 STEP Gradual Return to Play program must be successfully completed (symptom-free) before final medical clearance to return to competition.

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 (Off Ice):

- **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

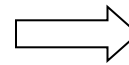
Step 1 Date: _____

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 skating drills, individual stick handling and shooting drills.



Step 2 Date: _____

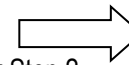
Symptoms No Symptoms
(Circle one)

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.
- Begin drills with a partner but with no contact. Continue with individual skill work as per Step 2.
- Begin partner passing and shooting drills on goalie.
- Begin skate-throughs on offense and defense, practice plays with no contact.



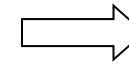
Step 3 Date: _____

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.
- Practice passing shell drills (8 or 6) with no contact.
- Begin fast-break drills, set up, 3 on 2 / 2 on 1's and shell drills with no contact to the player.
- Continue with reviewing plays, defensive coverage and skill work. Review body checking techniques and protection techniques on the boards and from a hit. Focus on skill, very light contact and low intensity.



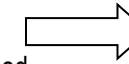
Step 4 Date: _____

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: _____