

Return to physical activity after a concussion

Soccer

Stage	Activity	Soccer exercises	Goal
1	<ul style="list-style-type: none"> Rest 	<ul style="list-style-type: none"> Rest other than everyday walking 	<ul style="list-style-type: none"> Promote recovery shortly after injury
2	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 10 to 15 minutes of walking or stationary bike 	<ul style="list-style-type: none"> Add light aerobic activity Watch if symptoms return
3	<ul style="list-style-type: none"> Moderate aerobic activity Light resistance training 	<ul style="list-style-type: none"> 20 to 30 minutes of jogging Light weight lifting (1 set of 10 reps) 	<ul style="list-style-type: none"> Increase aerobic activity Watch if symptoms return
4	<ul style="list-style-type: none"> High intensity activity Non-contact soccer drills 	<ul style="list-style-type: none"> Sprints and agility drills Inside/outside, top tapping the ball, dribbling in a straight line, dribbling around cones and chipping Goal-keeper punts and goal-keeper catches Long and short passing (inside foot and instep), shooting and volleys 	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of directions (cuts) Start rotational head movements Watch if symptoms return
5	<ul style="list-style-type: none"> High intensity activity Limited contact soccer drills 	<ul style="list-style-type: none"> Sprints, agility drills and normal weight training Ball-tossed headers from knees (move to standing, then jumping) Goal-keeper dives from knees (move to standing) 1-on-1 (move to 2-on-2, then 3-on-3, and so on) No scrimmages 	<ul style="list-style-type: none"> Maximize aerobic activity Add high intensity strength training Add deceleration/rotational forces in controlled setting Watch if symptoms return
6	<ul style="list-style-type: none"> Full practice (after cleared by a provider) 	<ul style="list-style-type: none"> Normal training activities Normal scrimmages 	<ul style="list-style-type: none"> Frequent assessments during practice Watch if symptoms return
7	<ul style="list-style-type: none"> Return to play 	<ul style="list-style-type: none"> Normal game play 	<ul style="list-style-type: none"> Return to normal game play

Other guidelines:

If possible, a school athletic trainer or responsible adult should monitor the student as they move through each stage.

The student:

- May start Stage 2 when symptoms are improving and they can tolerate partial school days.
- May start Stage 3 when they can tolerate full school days with NO concussion symptoms.
- May move to next stage every 24 hours as long as symptoms do not return DURING or AFTER work out.
- May NOT move to Stage 6 without written clearance from a medical provider.
- Should return to their provider if they have trouble completing these stages without symptoms.

