

Return to physical activity after a concussion

Soccer

Stage	Activity	Soccer exercises	Goal
1	Rest	Rest other than everyday walking	Promote recovery shortly after injury
2	Light aerobic activity	10 to 15 minutes of walking or stationary bike	- Add light aerobic activity - Watch if symptoms return
3	- Moderate aerobic activity - Light resistance training	20 to 30 minutes of jogging - Light weight lifting (1 set of 10 reps)	- Increase aerobic activity - Watch if symptoms return
4	- High intensity activity - Non-contact soccer drills	- 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	- Maximize aerobic activity - Accelerate to full speed with change of directions (cuts) - Start rotational head movements - Watch if symptoms return
5	- High intensity activity - Limited contact soccer drills	- 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	- Maximize aerobic activity - Add high intensity strength training - Add deceleration/rotational forces in controlled setting - Watch if symptoms return
6	Full practice (after cleared by a provider)	- Normal training activities - Normal scrimmages	- Frequent assessments during practice - Watch if symptoms return
7	Return to play	Normal game play	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.

