

Return to physical activity following concussion

Lacrosse (Girls)

Stage	Activity	Lacrosse-specific exercise	Objective of the stage
1	<ul style="list-style-type: none"> No physical activity Complete physical and cognitive rest 	<ul style="list-style-type: none"> No activity 	<ul style="list-style-type: none"> Recovery and elimination of symptoms
2	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 10 to 15 minutes of walking at home or at field, or stationary bike 	<ul style="list-style-type: none"> Add light aerobic activity and monitor for symptom 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 with stick Light weight lifting (one set of 10 reps) 	<ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return
4	<ul style="list-style-type: none"> Lacrosse-specific drills 	<ul style="list-style-type: none"> Cradling, catching, scooping, fielding ground balls, shooting, change of direction, give and go, waterfall drill, hamster drill, pinwheel drill, eagle eye drill 	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of directions (cuts) Introduce rotational head movements Monitor for symptoms
5	<ul style="list-style-type: none"> Limited-contact lacrosse drills 	<ul style="list-style-type: none"> Riding after the shot, riding off the end line, pick and roll, 1 v 1 scramble, 3 v 2, 3 v 4 <p><i>*Wearing goggles</i></p>	<ul style="list-style-type: none"> Maximize aerobic activity Add deceleration/rotational forces in controlled setting Monitor for symptoms
6	<ul style="list-style-type: none"> Full practice (after medical clearance) 	<ul style="list-style-type: none"> Normal training activities 	<ul style="list-style-type: none"> Frequent assessments throughout the practice Assess frequently during line changes Monitor for symptoms
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"> Assess frequently Monitor for symptoms

May begin Stage 2 when symptoms are markedly diminished, and can tolerate a partial school day

May begin Stage 3 when a full school day is tolerated

May progress to the next stage every 24 hours as long as symptoms do not worsen

It is recommended that you seek further medical attention if you fail more than three attempts to pass a stage.



choa.org/concussion



404-785-KIDS (5437)

This is general information and is not specific medical advice. Always consult with a doctor or healthcare provider if you have any questions or concerns about the health of a child.

