Student : _____ Date: _____ Licensed Healthcare Provider Signature: _____

Graduated Return-to-Physical Activity

Recommended by The Amsterdam Consensus Statement on Concussion in Sports

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Communication among the student, parents, coaches and healthcare provider is crucial. Students should return to play/activity with support and guidance from a community medical provider in collaboration with the others involved with the student.

STEP	EXERCISE STRATEGY	ACTIVITY AT EACH STEP	GOAL
1	**Symptom-Limited Activity**	Daily activities that do not exacerbate symptoms *(ex: walking)*	Gradual reintroduction of work/school
	Notes:		
2	**Aerobic Exercise** Step 1: Light, *then* Step 2: Moderate	Stationary cycling or walking at slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation* of concussion symptoms.	Increase heart rate (HR) *(Light: up to 55% max HR; Moderate: up to 70% max HR)*
	Notes:		
3	**Individual Sport-Specific Exercise** If sport-specific training involves any risk of inadvertent head impact, medical clearance should occur prior to Step 3	Sport-specific training away from the team environment *(ex: running, change of direction and/or individual training drills)*. No activities at risk of head impact	Add movement and change of direction
	Notes:		

* Mild and brief exacerbation of symptoms *(ex. an increase of no more than 2 points on a 0–10 point scale for less than an hour when compared with the baseline value reported prior to physical activity*).

Athletes may begin Step 1 *(ex. symptom-limited activity)* within 24 hours of injury, with progression through each subsequent step typically taking a minimum of 24 hours. If more than mild exacerbation of symptoms *(ex. more than 2 points on a 0–10 scale)* occurs during Steps 1–3, the athlete should stop and attempt to exercise the next day.

Athletes with concussion-related symptoms during Steps 4–6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities.

Written determination of readiness to return to physical activity should be provided by a healthcare professional before unrestricted return to physical activity as directed by local laws and/or sporting regulations.

Max HR, predicted maximal heart rate according to age *(ex. 220-age)*.

Continued on back ⟶

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STEP	EXERCISE STRATEGY	ACTIVITY AT EACH STEP	GOAL
Steps 4–6 should begin after the resolution of any symptoms, abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion.			
4	**Non-Contact Training Drills**	Exercise to high intensity including more challenging training drills. Can integrate into a team environment *(ex: passing drills, multiplayer training)*	Resume usual intensity of exercise, coordination and increased thinking
	Notes:		
5	**Full Contact Practice**	Participate in normal training activities	Restore confidence and assess functional skills by coaching staff
	Notes:		
6	**Return to Play**	Normal game play	

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Information sourced from https://bjsm.bmj.com/content/57/11/695

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