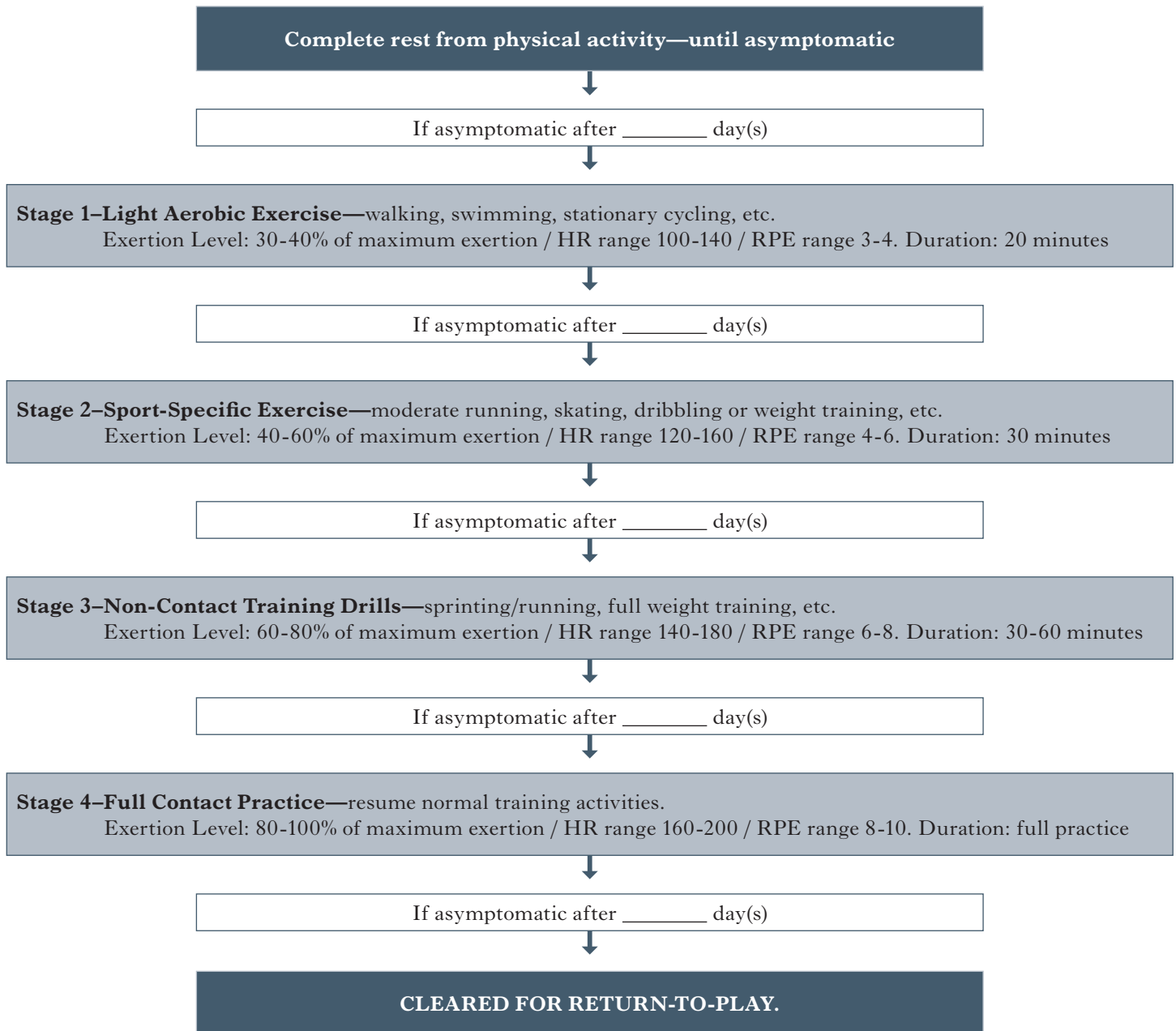


## Sports Concussion—Graduated “Return-to-Play” Protocol

*(Guidelines for exercise progression from your Health Care Provider)*



**Please note**

- Each stage is to take at least 24 hours, but longer in recurrent or severe cases.
- Each stage should be completed without a return of concussive symptoms before proceeding to the next stage.
- If the athlete becomes symptomatic during the course of the protocol, he or she should be reevaluated by a health care provider for clearance before restarting the protocol.  
When the athlete restarts the protocol, he or she needs to begin again **at stage 1.**
- RPE is an abbreviation for Rating of Perceived Exertion. It should be measured on a scale from 1 to 10.