

7 Step Protocol

<h3 style="margin: 0;">Post-Concussion Return to Activity</h3> <p style="font-size: small; margin-top: 10px;">All steps are supervised by a Certified Athletic Trainer or coach working in conjunction with an athletic trainer.</p>	Athlete's Demographic Information		
	name		date of birth
	date	time am pm	school/grade
	previous concussion NO YES # _____		sport

Note: This is a minimum timetable. Only one step may be completed within 24 hours.

Baseline: Athlete must be symptom free for at least 48 hours before initiating this program. Athlete must also be symptom free while tolerating a full academic schedule. (Symptom free means NO headache, nausea, vomiting, dizziness, sensitivity to light or noise, fatigue, drowsiness, sleep disorders, nervousness, difficulty concentrating and/or remembering, numbness/tingling in extremities, blurred vision, irritability, depression, feeling slowed down or mentally foggy.)

Athlete should refrain from P. E. activities until cleared for all sports activity (Step 7).

Steps	Rehabilitation Progression	Explanation and Objective	Date and Initials
Step 1	Symptom free <ul style="list-style-type: none"> Walking, elliptical, stationary bike Total Time: 20 minutes 	<ul style="list-style-type: none"> Add light aerobic activity and monitor for symptom return 	Date: _____ Initials: _____
Step 2	Symptom free <ul style="list-style-type: none"> Jogging, elliptical, stationary bike Total Time: 30 minutes 	<ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return 	Date: _____ Initials: _____
Step 3	Symptom free <ul style="list-style-type: none"> Interval training with sprints and recovery periods (15-30 minutes) Body weight/core exercises (sit-ups, push-ups, squats – 25x each) 	<ul style="list-style-type: none"> Maximize aerobic activity 	Date: _____ Initials: _____
Step 4	Symptom free <ul style="list-style-type: none"> Plyometric activities, sport specific conditioning, and NON-CONTACT drills in a practice setting Total time: 45-60 minutes 	<ul style="list-style-type: none"> Add movement (i.e. – head movement) 	Date: _____ Initials: _____
Step 5	Symptom free <ul style="list-style-type: none"> Full practice session with NON-CONTACT sport specific drills and conditionings Total time: 90-120 minutes 	<ul style="list-style-type: none"> Increase exercise load Increase cognitive load Increase coordination 	Date: _____ Initials: _____
Step 6	Symptom free <ul style="list-style-type: none"> Normal full length, FULL CONTACT practice 	<ul style="list-style-type: none"> Restore athlete's confidence 	Date: _____ Initials: _____
Step 7	Symptom free <ul style="list-style-type: none"> Full return to sports, activities, and physical education class without restrictions 		Date: _____ Initials: _____

If at any time symptoms return, stop scheduled activity. Rest until athlete is symptom free for 48 hours. Initiate the Atypical Return to Activity protocol. If symptoms persist, consult physician.

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