



Mount Pleasant Sports Medicine
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Concussion Return to Play

Phase 1: Athlete rests until they are 24 hours symptom free. If symptoms last 48 hours or more, then they must be symptom free for 1 week.

Phase 2:

Step 1: Light Jogging and/or biking

Step 2: Weight Lifting/resistance training

Step 3: Modified/Non-Contact practice (Sports Specific Drills)

Step 4: Return to full practice

Step 5: Return to full game participation

Note: If symptoms come back at any time, the RTP phases must start over. Athlete must receive medical clearance from the doctor of his/her choosing. Even if the athlete has been cleared by a physician, the athlete must complete the RTP protocol before returning to full game participation.