



Mount Pleasant Sports Medicine
P.O. Box 1117
Mount Pleasant, Texas 75456-1117
903-434-8584
Fax 903-577-5550

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.