

Phases of Rest, Recovery and Returning To Work, School or Play After Concussion



Melbourne Physiotherapy
CONCUSSION CLINIC

Treating Recovery Seriously

Focus	Goal	Requirements to move to next stage
Rest		
Rest.	Help speed up recovery.	Complete physical and cognitive rest in the first 24-48 hours.
Recovery		
Symptom limited activity.	Two days of activities that do not provoke symptoms.	No concussion-related symptoms at rest or with physical or brain activity for at least 1 day and the patient has successfully returned to work/school. The patient should also have a medical clearance (e.g. Physiotherapist, Sports trainer or First aider) to confirm that the patient has had no concussion related symptoms for at least 1 day.
Graded Loading - Individual program		
Light/moderate aerobic exercise.	Light/moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace). No resistance training.	Remain completely free of any concussion-related symptoms.
RECOVERY DAY		
Sport-specific exercise.	Increase intensity of exercise (e.g. running at an increased heart rate) and duration of activity Add sports-specific drills (e.g. goal kicking, stationary handballs) Commence light resistance training	Remain completely free of any concussion-related symptoms. The patient should also have a medical clearance (e.g. Physiotherapist, Sports trainer or First aider) to confirm that the patient has had no concussion related symptoms for at least 1 day.
RECOVERY DAY		
Graded Loading - full program		
Limited contact training.	Return to full team training - non contact except drills with incidental contact (including tackling). Return to full home and school life.	Remain completely free of any concussion-related symptoms. The patient confident to return to full contact training or sport or just general life.
RECOVERY DAY	A full medical clearance by a medical practitioner (e.g. Concussion Specialist, Physiotherapist or Doctor) is required to return to full contact training sessions and competitive contact sport or full home and school life.	
Full contact training.	Full team training/full home and school life.	Remain completely free of any concussion-related symptoms The patient confident to return to full game.
Return to play		Minimum 12 days from initial injury

This schedule outlines the minimum process to follow in returning to play, work, training, full home life duties and school life. The earliest a patient may return to these activities is on the 12th day after the concussion was sustained. This table was developed for professional sports players and a more conservative approach is required if there is a lack of baseline testing and active medical oversight. Each stage is graded to return to full contact sport like football. It's important to take a conservative approach especially in the case of children or people who have had concussion before so please seek medical advice beyond reading this guide and information.



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