

The 2008 Zurich Consensus Statement on Concussion in Sport Recommends

# A Graduated Return-to-Play (RTP)

STAGE	ACTIVITY	FUNCTIONAL EXERCISE	CHILD/STUDENT EQUIVALENT	OBJECTIVE OF STAGE
1	<b>No physical activity as long as there are symptoms</b> (This step could take days or even weeks)	Complete physical rest	Quiet time with maximum rest	Recovery
2	When 100% symptom free for 24 hours proceed to Stage 2. (Recommend longer symptom-free periods at each stage for younger student/athletes)	<b>Light aerobic activity</b>	Solitary play or quiet play alone or with parent	Increase heart rate (light to moderate work-out not requiring cognitive attention or high degree of coordination)
3	<b>Sport-specific exercise</b>	Skating/running drills, 20-30 minutes - no weightlifting, no head contact	Supervised play, low risk activities	Add movement (increased attention and coordination required)
4	<b>Non-contact training drills</b>	Progression to more complex training drills; may start progressive resistance training	May run/jump as tolerated	Exercise, coordination (mimics athlete's sport without risk of head injury)
5	<b>Full-contact practice</b>	Following medical clearance, participate in normal training activities, full exertion	Normal participation with parental/adult supervision	Restore confidence and assess functional skills by coaching staff (or family)
6	<b>Return to play</b>	Normal game play	Normal playtime	No restrictions

## Graduated Pacing

