

Return to physical activity following concussion

Soccer

Stage	Activity	Soccer-specific exercise	Objective of the stage
1	<ul style="list-style-type: none"> No physical activity Complete physical and cognitive rest 	<ul style="list-style-type: none"> No activity 	<ul style="list-style-type: none"> Recovery and elimination of symptoms
2	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 10 to 15 minutes of walking at home or at field, or stationary bike 	<ul style="list-style-type: none"> Add light aerobic activity and monitor for symptom return
3	<ul style="list-style-type: none"> Moderate aerobic activity Light resistance training 	<ul style="list-style-type: none"> 20 to 30 minutes of jogging Light weight lifting (one set of 10 reps) 	<ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return
4	<ul style="list-style-type: none"> Noncontact soccer-specific drills 	<ul style="list-style-type: none"> Inside/outside, top tapping the ball, dribbling in a straight line, dribbling around cones, chipping, goal-keeper punts, goal-keeper catches, long and short passing (inside foot and instep), shooting, volleys 	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of directions (cuts) Introduce rotational head movements Monitor for symptoms
5	<ul style="list-style-type: none"> Limited contact soccer drills 	<ul style="list-style-type: none"> Ball-tossed headers from knees (progress to standing then jumping), goal-keeper dives from knees (progress to standing), 1-on-1 (progress to 2-on-2, 3-on-3, etc.) 	<ul style="list-style-type: none"> Maximize aerobic activity Add deceleration/rotational forces in controlled setting Monitor for symptoms
6	<ul style="list-style-type: none"> Full practice (after medical clearance) 	<ul style="list-style-type: none"> Normal training activities 	<ul style="list-style-type: none"> Frequent assessments throughout the practice Monitor for symptoms
7	<ul style="list-style-type: none"> Return to play 	<ul style="list-style-type: none"> Normal game play 	<ul style="list-style-type: none"> Assess frequently Monitor for symptoms

May begin Stage 2 when symptoms are markedly diminished, and can tolerate a partial school day.

May begin Stage 3 when a full school day is tolerated.

May progress to the next stage every 24 hours as long as symptoms do not worsen.

It is recommended that you seek further medical attention if you fail more than three attempts to pass a stage.



choa.org/concussion



404-785-1111 or 1-800-785-CHOA

This is general information and is not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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