

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	No physical activity as long as there are symptoms (This step could take days or even weeks)	Complete physical rest	Quiet time with maximum rest	Recovery
2	Light aerobic activity	Walking, swimming, stationary cycling - 10-15 minutes of exercise, no resistance	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	Sport-specific exercise	Skating/running drills, 20-30 minutes - no weightlifting, no head contact	Supervised play, low risk activities	Add movement (increased attention and coordination required)
4	Non-contact training drills	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	Full-contact practice	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	Return to play	Normal game play	Normal playtime	No restrictions

Graduated Pacing

