



Sievers Sports Medicine

Patient/Coach Information Sheet

Condition: Functional Return to Play Progression Post Concussion

Description and purpose of functional progression:

Functional progress is a concept that allows the athlete to begin performing physically strenuous tasks, starting with the easiest activity that they can safely do, then progressing to a slightly more difficult activity and continue in this fashion until they are able to do all the tasks their sport requires. This process should be supervised by a coach or trainer to make sure the athlete is completing each phase correctly and safely and to provide guidance through the process of recovery.

Functional progression post-concussion:

- I. Asymptomatic at rest
- II. Asymptomatic with academics
- III. Asymptomatic with stationary bike
- IV. Asymptomatic with light running
- V. Asymptomatic with shooting and ball handling
- VI. Asymptomatic with more intense running (Heart rate 140)
- VII. Asymptomatic with full non-contact activities
- VIII. Full release at 10 days, if asymptomatic, with steps 1-7