

Return To Play Guidelines

Best practice guidelines recommend a short period of physical and cognitive rest following concussion (24-48 hours) to help ease symptoms and support recovery. During this period, it is still OK to participate in light household tasks like making your bed, caring for your pets, talking on the phone with a friend for example, or going for a short walk, as long as those activities do not increase your symptoms. Studies show that early, graded aerobic exercise, particularly in the adolescent population may be beneficial for recovery as long as it remains below the threshold of symptom aggravation. Your Shift Concussion Provider will support you all the way from injury to return-to-play.

Suspected Injury: Medical Evaluation by Physician

Rest Phase

Short period of physical and cognitive rest (24-48 hours)

Persistent Symptoms?



Shift Concussion Evaluation to determine Care Pathway

Implement Care Plan

Clinical rehabilitative strategies, graded sub-symptom aerobic exercise program, academic accommodations, etc.

Adjust, modify, & re-assess while maintaining safe and sub-symptom activity

Get back to normal routines with some restrictions; reintegrate back to school

Exertion Testing at Shift

When symptoms are gone, and before returning to sport, it is important to test higher-level exercise tolerance and sport-specific performance in a controlled and supervised setting to ensure symptoms do not return. This testing involves a variety of agility, foot work, coordination, reaction time and sport specific drills. This may involve 1-2 sessions depending on the case

Providing no symptoms arise during, or within 24 hours of exertion testing...

Practice (non contact)

Final Clearance for Return to Sport

A Medical Physician must clear you for full return to sport. In some cases, he/she may recommend you participate in a full contact practice prior to game play