



Pioneer Central School

Concussion Return to Play Protocol

The RTP process will be as follows and executed by our trainer (preceded by Family MD release to play)

Athlete's Name_____ **Sport**_____

Family MD Release Date_____

Day 1. Light aerobic exercise. Non-resistance training.

i.e. walk, bike, elliptical, 15-20 minutes. Sign_____ Date_____

Day 2. Add higher exertion aerobics. 20 each of sit-ups,

Push-ups and jumping jacks. Sign_____ Date_____

Day 3. Add resistance band exercise, non-contact sport

Specific skills. Sign_____ Date_____

Day 4. Add high resistance walk/jog, bike, elliptical

Free weight reps, i.e. bench press, curls, squats Sign_____ Date_____

School MD release: Sign_____ Date_____

Day 5. Return to full practice

Sign_____ Date_____

Day 6. Return to full competition

Sign_____ Date_____

