Infographic: Consensus statement on concussion in sport


1. **Medical Assessment**
   - Add coordination & cognitive skills
   - Progression to more complex training drills
   - 60min at 90% Hrmax
   - Resistance training OK
   - No contact activity

2. **Rest**
   - Respect 24-48 hours of physical and cognitive rest until the symptoms at rest disappear

3. **Symptom Limited Activity**
   - 10 min of slow walking
   - No resistance training
   - No contact activity allowed

4. **Light Exercise**
   - Increase heart rate
   - Walking, swimming or stationary cycling
   - 20min at 70% Hrmax
   - No resistance training
   - No contact activity

5. **Sports Specific Exercise**
   - Add movement
   - Simple movement activities e.g. Running drills
   - 30min at 80% Hrmax
   - No resistance training
   - No contact activity

6. **Non Contact Training**
   - Add coordination & cognitive skills
   - Progression to more complex training drills
   - 60min at 90% Hrmax
   - Resistance training OK
   - No contact activity

7. **Medical Clearance**

8. **Full Contact Practice**
   - Restore confidence and function
   - Normal training
   - Contact activity OK

9. **Return to Sport**
   - Unrestricted practice
   - Normal game play
   - Full rehabilitation

Designed by eYLMSportScience

Reference: by McCrory P. et al. BJSM 2017

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