



RETURN TO SOCCER FOLLOWING A CONCUSSION

If you have sustained a concussion, this action plan is recommended before you put your team jersey back on for the game.

You must complete your recommended period of rest and follow the activity restrictions. You should be symptom-free at rest for a full week before returning to any physical activity. When you are ready to return to play follow these gradual progressive steps.

There should be approximately 24 hours in between each step. If any symptoms return at any time during this action plan, stop working out. Rest until you are symptom-free for 24 hours. Then return to the previous step. If symptoms do not resolve or get worse, you are urged to seek medical attention.

★ STEP 1: Light general conditioning exercises

- NO CONTACT.
- Begin with a warm up (stretching/flexibility) for 5-10 minutes.
- Start a cardio workout of 15-20 minutes which can include: stationary bicycle, treadmill, fast paced walking, light jog, rowing or swimming.

★ STEP 2: General conditioning and soccer-specific skill work done individually

- NO CONTACT.
- Begin with a warm up (stretching/flexibility) for 5-10 minutes.
- Increase intensity and duration of cardio workout to 20-30 minutes.
- Begin soccer specific skill work: running drills, static and dynamic foot dribbling with use of cones, and individual kicking.

★ STEP 3: General conditioning, soccer-specific skill work done individually and with a team-mate

- NO CONTACT.
- Increase duration of session to 60 minutes. Begin resistance training.
- Begin practicing soccer drills with a partner: dribbling, passing, and shooting on goalie.
- Begin reviewing offensive and defensive plays at a slow speed.

★ STEP 4: General conditioning, soccer-specific skill work and team drills

- NO CONTACT. NO SCRIMMAGES.
- Resume pre-injury duration of practice and team drills.
- Practice team passing and shooting drills, offensive, defensive and counter attack tactical schemes.

★ STEP 5: Full team practice with body contact

- CONTACT. SCRIMMAGES.
- Review and practice techniques for heading the ball.
- Participate in a full practice to get yourself back in the lineup. If completed with no symptoms, discuss with the coach about getting back in the game.
- Coaches must make sure that the athlete has regained his/her pre-injury skill-level and is confident in his/her ability to return to activity.

★ STEP 6: Return to competition



TRAUMA

The Montreal Children's Hospital
2300 Tupper Avenue
Montreal, Quebec H3H 1P3
www.thechildren.com/trauma
(514) 412-4400 extension 23310