



Vista Grande High School Functional Progression

Concussion Return to Play: Revised July 2017

Athlete Name: _____ Sport/Position: _____

Monitor the athlete's symptoms after each phase. Each phase will be followed by a 24 hour symptom-free period prior to advancing to the next phase.

Phase 1: Rest

Academic Accommodations: _____

Baseline Impact Score: _____ Head Trauma Impact Score: _____

PCP or Concussion Specialist Note for Restrictions:

Phase 2: Light, aerobic exercise, no resistance training (Stationary bike: 10-20 min, light jogging)

Notes: _____

ATC: Kelsey Carpenter **Date:** _____ **Time:** _____

Phase 3: Sport Specific Drills

Notes: _____

ATC: Kelsey Carpenter **Date:** _____ **Time:** _____

Phase 4: Non-contact agility drills, non-contact practice (Dribbling, shooting, walk-through)

Notes: _____

ATC: Kelsey Carpenter **Date:** _____ **Time:** _____

Baseline Impact Score: _____ Head Trauma Impact Score: _____

Full Contact Clearance from PCP or Concussion Specialist (if needed):

Phase 5: Full-contact practice

Notes: _____ **Date Cleared:** _____