

Monomoy Regional High School

Athletic Department

Return to Play Protocol following Concussion

\*Before being allowed to begin gradual RTP, the signed Department of Health form: Post Sports-Related Head Injury Medical Clearance must be filled out and signed by the treating physician. \*

1. First Phase- Symptom Free
  - a. Patient should have a full day presenting symptom free.
  - b. Symptoms of a Concussion Include
    - i. Dizziness
    - ii. Blurred Vision
    - iii. Headache
    - iv. Feeling Unsteady or unbalanced
    - v. Nausea or Vomiting
    - vi. Unusually Fatigued
  - c. Once patient has a full day symptom free, we can proceed to the second phase of RTP
2. Second Phase: Light Physical Exertion
  - a. Patient can participate in light jog or stationary biking for 10 mins.
  - b. This phase is to determine whether light exercise will induce and of the above mentioned symptoms
  - c. If the patient complains of a reproduction of symptoms, the activity will be stopped immediately and now we would go back to phase one where a full day of symptom free is needed.
  - d. If the patient has no reproduction of symptoms during the light physical exertion, we can proceed to the third phase of RTP
3. Third Phase: Non-Contact Practice
  - a. Patient can participate in a non-contact practice with his/her designated team.
  - b. If the patient complains of a reproduction of any symptoms they are immediately removed from practice and brought back to phase one of RTP protocol.
  - c. If the patient is able to complete the non-contact practice symptom free, we can proceed to the fourth phase of RTP.
4. Fourth Phase: Full-Contact Practice
  - a. Patient can participate in a full-contact practice with his/her designated team.
  - b. If the patient complains of a reproduction of symptoms, the activity will be stopped immediately and now we would go back to phase one of RTP protocol.
  - c. If the patient is able to complete the full-contact practice with no reproduction of symptoms, we can proceed to the fifth phase of RTP.
5. Fifth Phase: Fully Cleared

- a. After the patient completes the four phases of RTP protocol symptom free, they will then be fully medically cleared to participate in competition from that point on.

### Cantu Guideline for RTP after Concussion

This is another form of gradual return to play that is somewhat different because it is based off of patients who have had multiple concussions with different severities.

Grade	First Concussion	Second Concussion	Third Concussion
Mild	May RTP if asymptomatic	RTP in 2 weeks if asymptomatic for 1 week	Terminate season, may RTP next season if asymptomatic
Moderate	RTP if asymptomatic for 1 week	Minimum of 1 month; may then RTP if asymptomatic for 1 week, consider terminating season	Terminate season, may RTP next season if asymptomatic
Severe	Minimum of 1 month no play, may then RTP if asymptomatic for 1 week	Terminate Season, may RTP next season if asymptomatic	N/A