

ATHLETICO

PHYSICAL THERAPY

Below is the B.R.A.I.N.-G. Graduated Return to Play (RTP) protocol that you must successfully accomplish before returning from a concussion. You must successfully complete this program before returning to any competitions. The first stage (B) will not start until you have been asymptomatic for 24 hours continuously, and not taking any pain medications. Each step should be separated by a minimum of 24 hours. Return to game play must be consistent and in line with school/organization protocol, respective state law, and physician’s order.

		Functional Exercise at each stage of RTP	Success goal of each stage
No Activity		Relative physical and cognitive rest	Recovery (Symptom free at rest for 24 continuous hours)
B	Light Aerobic Exercise	Stationary cycling keeping heart rate <70% maximum predicted heart rate. No resistance training	Increase heart rate without the onset of symptoms.
R	Heavier Aerobic exercise	Running >70% maximum predicted heart rate. Still no resistance training	Increase heart rate without the onset of symptoms.
A	Sport specific exercise	Resistance training may commence. Agility drills. Sports specific drills. (No heading) Drills with a rotation component	Add more advanced movements without the onset of symptoms
I	Non-contact training drills	Progression to more complex training drills in a non-contact environment. Plyometrics, aggressive strengthening	Exercise, coordination, and cognitive load without symptoms
N	Full contact practice	Following medical clearance, participate in normal training and practice activities	Restore confidence and assess functional skills by coaching staff. Complete without symptoms
G	Return to game play	Normal Game Play	

For more information on concussion, please visit Athletico’s concussion website at www.athletico.com/concussion.