

Parsippany Hills High School
Graduated Return to Competition and Practice Protocol
(Based upon R 2431.4 - Section F)

“Upon the school physician’s acceptance of the written medical release/clearance, the student-athlete may begin a graduated return to competition and practice protocol supervised by a licensed athletic trainer. “ Progression to the next step is dependent upon successful completion of the current step and cannot be done on the same day.

Step 1

Initiated once the student-athlete has been asymptomatic for a minimum of 7 days in accordance with current standards of concussion care. The student-athlete completes a full day of normal cognitive activities (attendance at school, studying for tests, interacting with peers etc.) If there is no return of symptoms, the student-athlete may proceed to Step 2. If symptoms return, the student-athlete is to be re-evaluated by the treating physician or licensed healthcare provider.

Step 2

If symptom free, begin biking. Try to maintain a heart rate not greater than 140 Bpm. As long as you are symptom free, continue for up to 40 minutes. If any symptoms return, stop biking and report symptoms immediately to the Athletic Trainer or Supervisor.

Step 3

If symptom free, begin jogging (or skating). Try to maintain a heart rate not greater than 140 Bpm. As long as you are symptom free, continue for up to 40 minutes. If any symptoms return, stop jogging and report symptoms immediately to the Athletic Trainer or Supervisor.

Step 4

If symptom free, begin a non-contact practice. This is meant to get you back into sport-mode and get a change in your levels (low to the ground and in the air). This includes sprints and running conditioning. If any symptoms return, stop practicing and report symptoms immediately to the Athletic Trainer or Supervisor. You may also begin weight training.

Do a general total body strength training workout: Leg extensions, leg curls, bicep curls, tricep press, sit-ups, push-ups, squats, etc. If any symptoms return, stop the workout and report symptoms immediately to the Athletic Trainer or Supervisor.

****The Center for Concussion Care wants their patients to complete his step on 2 separate days – a Sport-specific exercise day followed by weight lifting day****

Step 5

Re-evaluation by or consultation with treating physician and obtain a written release approved by the school/team physician to begin unrestricted practices. Depending upon timing and physician availability, this step may take more than 1 day. If any symptoms return, stop practicing and report symptoms immediately to the Athletic Trainer or Coach.

Step 6

If symptom free, you are now cleared to compete. If any symptoms return, stop playing and report symptoms immediately to the Athletic Trainer or Coach.