

Return to Play: Sport Specific Recommendations Baseball/ Softball



Return to Play- Baseball/ Softball			
Stage	Activity	Lacrosse Specific Exercise	Objective of the stage
I	No physical activity; complete physical and cognitive rest	<ul style="list-style-type: none"> No activity 	<ul style="list-style-type: none"> Recovery and elimination of symptoms
II-A	Light aerobic activity Must be performed under direct supervision by designated individual	<ul style="list-style-type: none"> 10-15 min walking on treadmill or in quiet area 10-15 minutes of stationary bike 	<ul style="list-style-type: none"> Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., < 100 beats per min) Monitor for symptom return
II-B	Moderate aerobic activity (<i>Light resistance training</i>)	<ul style="list-style-type: none"> 20-30 minutes jogging Resistance training- body weight squats and push-ups – 1 set of 10 reps each 	<ul style="list-style-type: none"> Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) Monitor for symptom return
II-C	Non-contact baseball/ softball specific drills	<ul style="list-style-type: none"> Interval throwing program, bullpen pitching, field ground balls, double plays, catching fly balls, running bases, pick off attempts, catcher coming out of the crouch, dry cuts, bunting, hitting off of the tee 	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of directions (cuts) Introduce rotational head movements Monitor for symptom return
II-D	Limited contact baseball/ softball drills	<ul style="list-style-type: none"> Hitting off a pitching machine with progression to live batting practice 	<ul style="list-style-type: none"> Maximize aerobic activity Add deceleration/ rotational forces in controlled setting Monitor for symptom return
<p>Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor and/or coach</p>			
III	Full practice (after medical clearance)	<ul style="list-style-type: none"> Normal training activities 	<ul style="list-style-type: none"> Reassess for symptoms every 30 minutes throughout the practice Monitor for symptoms
<p>MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice</p>			
IV	Return to play (competition)	<ul style="list-style-type: none"> Normal game play 	<ul style="list-style-type: none"> Return to full sport activity without restriction