Return to Play:
Sport Specific Recommendations
Lacrosse (boys)

	Return to Play- Lacrosse		
Stage	**Activity**	**Lacrosse Specific Exercise**	**Objective of the stage**
I	No physical activity; complete physical and cognitive rest	• No activity	• Recovery and elimination of symptoms
II-A	Light aerobic activity **Must be performed under** *direct supervision* **by designated individual**	• 10-15 min walking on treadmill or in quiet area • 10-15 minutes of stationary bike	• Increase heart rate to no more than 50% of perceived maximum *(max)* exertion (e.g.,< 100 beats per min) • Monitor for symptom return
II-B	Moderate aerobic activity *(Light resistance training)*	• 20-30 minutes jogging with helmet • Resistance training- body weight squats and push-ups – 1 set of 10 reps each	• Increase heart rate to 50-75% max exertion (e.g.,100-150 bpm) • Monitor for symptom return
II-C	Non-contact basketball specific drills	• Passing, dribbling, stationary shooting (progress to jump shots), individual post moves, solo rebounding, tip drill, lay-up drill, 3 man weave, defensive slides, suicides, shadowing plays	• Maximize aerobic activity • Accelerate to full speed with change of directions (cuts) • Introduce rotational head movements • Monitor for symptom return
II-D	Limited contact basketball	• Post moves and rebounding with assisted pad contact (progress to player contact)	• Maximize aerobic activity • Add deceleration/ rotational forces in controlled setting • Monitor for symptom return
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			
III	Full practice (after medical clearance)	• Normal training activities	• Reassess for symptoms every 30 minutes throughout the practice • Monitor for symptoms
MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice			
IV	Return to play (competition)	• Normal game play	• Return to full sport activity without restriction

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