

Return to Play: Sport Specific Recommendations Soccer



Return to Play- Soccer			
Stage	Activity	Soccer 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 with helmet 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 soccer specific drills	<ul style="list-style-type: none"> Inside/inside, top tapping the ball, dribbling in a straight line, dribbling around cones, chipping, goal-keeper punts, goal-keeper catches, long and short passing (inside foot and instep), shooting, volleys 	<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 soccer drills	<ul style="list-style-type: none"> Ball tossed headers from knees (progress to standing then jumping), goal-keeper dives from knees (progress to standing), 1 on 1 (progress to 2 on 2, 3 on 3, etc.) 	<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