

Return to Activity & Sport Pathway (summary) – Sept 2023

Following a concussion/suspected concussion

Time since injury (earliest day)	Activity Level
0-2 days	Relative rest
Medical Assessment <i>(with school/club medical team or R2P if unable to access/higher level input required)</i> <i>to confirm diagnosis and give recovery advice</i>	
3-7 days	Light activity Gentle walks etc. Activity level shouldn't leave you breathless
8 days onwards	Low risk exercise & training Gradual increase in self-directed exercise – running, stationary bike, swimming, supervised weight training etc. Focus on fitness Can introduce static training drills (eg passing/kicking). Only drills with NO predictable risk of head injury
R2P Doctor Assessment <i>to assess fitness to start a formal return to sport and advise on timeframes</i>	
15 days onwards	Gradual return to sports training Starting with non-contact and gradually building up complexity and intensity. Introduction of contact in the final stages (only when symptom free at rest for 14 days)
R2P Doctor Assessment <i>to assess fitness to return to unrestricted sport, including matches</i>	
Day 21 earliest	Earliest return to competitive sport/matches Only if symptom free at rest for at least 14 days and has completed gradual return to sports training without any recurrence in symptoms