

## Return to Activity & Sport Pathway: Following two concussions in quick succession (within 3 months)

Time since injury (Earliest day)

**Activity Level** 

	0 - 2 days	Relative rest	
		R2P Medical Assessment to confirm diagnosis and give recovery advice If cleared, pupil can return to competitive sport	
	3 - 7 days	Light activity: Gentle walks etc. (Activity level should not leave you breathless)	
	Day 8 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 (e.g. passing/kicking).  Only drills with NO predictable risk of head injury.	
	<b>R2P Medical Assessment</b> to assess fitness to start a formal return to sport and advise on timeframes. <i>If any concerns around recovery then referral to Complex Case Clinic.</i>		
	15 - 21 days	Further 7 days of low-risk exercise & training, building up intensity as outlined above.	
)	21 - 35 days	Gradual return to sports training – extended to 14 days Starting with non-contact and gradually building up complexity and intensity. Suggest first week of GRTS = non-contact, second week introducing contact elements if relevant.	
	R2P Medical Assessment to assess fitness to return to unrestricted sport, including matches.		
)	Day 35 onwards	, , , , , , , , , , , , , , , , , , ,	rive sport/matches at for at least 21 days and has completed aining without any recurrence in symptoms.