

Golf following a concussion

Golf carries a lower risk than many sports in terms of subsequent repeated head injury, but a gradual return to participation following a concussion is still important to ensure no setbacks in recovery.

The below lays out our recommendations for a sensible preparation for golf following a concussion.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p>Low risk exercise & training Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training Focus on fitness</p> <p>Golf specific exercise Putting and chipping, low intensity range work</p>
<p>R2P Medical Assessment to assess fitness to start a Gradual Return to Sport</p>		
Day 15	Only if symptom free at rest for the preceding 14 days	<p>Gradual Return to Golf training</p> <p>Consider starting with reduced range sessions, building up as tolerated. Consider 9 hole round, or pitch & putt.</p> <p>If remains well, progressing to: Full unrestricted rounds of golf in a non-competitive setting</p>
<p>R2P Medical Assessment to assess fitness to return to unrestricted sport</p>		
Day 21	Only if symptom free at rest for the preceding 14 days AND symptom free during previous stage	Return to full competitive golf

