

Hockey following a concussion

Hockey is a **medium-to-high risk sport** for concussion. Risks arise from high-speed projectiles, stick contact, player collisions and falls.

Because of these factors, strict adherence to a staged return-to-play pathway is essential. Returning too soon increases the risk of prolonged symptoms and recurrent 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.</p> <p>Focus on fitness</p> <p>Suggested Hockey specific exercise</p> <ul style="list-style-type: none"> - Stationary stick skills (ball control around cones). - Slow dribbling in straight lines. - Short, ground passing with a partner. - Shadow rehearsals of attacking/defensive patterns (no opponents). |
| <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 Hockey training</p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> - Passing and receiving under mild pressure. - Shooting drills at speed (unopposed). - Small-sided games with no tackling or body contact. - Tactical drills requiring quick decisions (e.g. coach-led cues). <p>If remains well, progressing to: Full unrestricted Hockey in a non-competitive setting</p> <ul style="list-style-type: none"> - Tackling drills, 1v1 defensive challenges. - Full team training with open play. - Competitive match preparation. |
| <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 Hockey |



