

## Lacrosse following a concussion

Lacrosse 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><b>Low risk exercise &amp; training</b> Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training.</p> <p><b>Focus on fitness</b></p> <p><b>Suggested lacrosse specific exercise</b></p> <ul style="list-style-type: none"> <li>- Stick work while stationary (cradling, passing, catching).</li> <li>- Ground ball pickups at walking speed.</li> <li>- Light wall-ball drills.</li> <li>- Shadow walk-throughs of offensive/defensive sets (no contact, no pressure).</li> </ul>
<p><b>R2P Medical Assessment</b> 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><b>Gradual Return to Lacrosse training</b></p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> <li>- Passing and catching on the move.</li> <li>- Shooting drills at pace, no defensive pressure.</li> <li>- Small-sided attacking/defensive drills with non-contact rules.</li> <li>- Decision-making drills (coach calls plays, athletes react).</li> </ul> <p><b>If remains well, progressing to:</b></p> <p>Full unrestricted Lacrosse in a non-competitive setting</p> <ul style="list-style-type: none"> <li>- Full-speed offensive and defensive drills.</li> <li>- 1v1 and group defensive sets (stick checks, marking).</li> <li>- Competitive scrimmages under match conditions.</li> </ul>
<p><b>R2P Medical Assessment</b> 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 Lacrosse

