

## Netball following a concussion

Netball is a **medium-risk sport** for concussion. Although it is technically a non-contact game, injuries often occur due to collisions between players contesting space or the ball, falls when jumping or landing awkwardly and ball strikes to the head at close range.

Because netball involves fast changes of direction, aerial contests, and rapid decision-making, it is important that athletes follow a staged pathway. This ensures that both physical skills and cognitive demands recover before returning to competition.

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. <b>Focus on fitness</b></p> <p><b>Suggested Netball specific exercise</b></p> <ul style="list-style-type: none"> <li>- Ball handling (chest passes, bounce passes, overhead passes in place).</li> <li>- Stationary shooting.</li> <li>- Footwork patterns (pivoting, shadow movements).</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 Netball training</b></p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> <li>- Passing/receiving on the move with mild pressure.</li> <li>- Shooting under time or space constraints.</li> <li>- Small-sided conditioned games (strict non-contact).</li> <li>- Defensive footwork drills with reaction to cues.</li> </ul> <p><b>If remains well, progressing to:</b> Full unrestricted Netball in a non-competitive setting</p> <ul style="list-style-type: none"> <li>- Full-speed attacking and defensive drills.</li> <li>- High-intensity match scenarios with aerial contests and sharp changes of direction.</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	return to full competitive Netball



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