

Water Polo following a concussion

Water polo is a **medium-to-high risk sport for concussion**. Risks include:

- **Ball strikes to the head** from shots or passes.
- **Player contact** — elbows, hands, and kicks in close contests.
- **Underwater collisions** and scrums.
- **Falls and impacts** during wrestling for position.

Unlike swimming, the **contact element** means a **slower RTS is needed**, with contact and shooting reintroduced later in the pathway.

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>Water Polo specific exercise</p> <ul style="list-style-type: none"> - Easy swimming, head-above-water drills. - Leg work (eggbeater drills) at low intensity. - Light passing with soft balls or foam balls.
<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 Water Polo training</p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> - Increase intensity & duration of swimming - Tackling/wrestling drills at controlled pace. - Small-sided games with restricted contact rules. - Shooting under defensive pressure. <p>If remains well, progressing to:</p> <ul style="list-style-type: none"> - Unrestricted tackling, wrestling, and underwater contests. - Full scrimmages with game intensity
<p>R2P Medical Assessment to assess fitness to return to unrestricted sport</p>		
Day 21		Return to full competitive Water Polo

