



Sports Concussion Clinic

Center for Athletic Medicine

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Return to Play Protocol

When returning athletes to play, they should follow a stepwise symptom-limited program of increased activity that is symptom free. Below is the recommended protocol that should be followed. Steps 2 through 5 should be done one day then wait until the next day before beginning the next step.

1. Rest until asymptomatic

Physically - no increased activity that would increase the heart rate
Mentally allow the brain to rest. Minimize activities such as reading and video games that involve concentrating on an activity for a period of time. Also avoid noisy bright stimulating environments such as a hockey rink or basketball arena. Once all symptoms have cleared, move to the next step.

If symptoms develop during any of the steps below, that activity should be stopped and the contact the clinic at 313-972- 4216 or 313-876-2526 before continuing with the protocol.

2. Light aerobic exercise

After you are symptom free for 24 hours, try non - impact activities such as stationary bike, elliptical, or swimming for 20 – 30 minutes. Keep heart rate to 60% of its maximum heart rate. **(220 - your age x .60)**

3. Exercise (Day 2)

- Non Impact activity for 45 min.
- Combination of non impact and impact activities for 45 min.

- Other activities as follows:

4. Non-contact training (practice) drills

5. Full contact training after medical clearance (If not already given)

6. Return to competition (game play)

Concussion Symptoms

- Headache
- Numbness or Tingling
- Neck Pain
- Nausea or vomiting
- Dizziness
- Blurred Vision
- Sensitivity to light
- Balance problems
- Sensitivity to noise
- Feeling slowed down
- Feeling like “in a fog”
- “Don’t feel right”
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion