



## SPECTRUM MEDICAL SPORTS MEDICINE OUTREACH

### RETURN TO PLAY PROTOCOL

#### Basketball



	ACTIVITY	SPECIFIC EXERCISE	OBJECTIVE of the DAY
Day 1	<ul style="list-style-type: none"> <li>No Physical Activity</li> <li>Complete physical and Cognitive Rest</li> </ul>	No Activity	<ul style="list-style-type: none"> <li>Recovery and elimination of Symptoms</li> </ul>
Day 2	Light Aerobic Activity	<ul style="list-style-type: none"> <li>20 to 30 minutes of walking or on stationary bike</li> <li>No Impact Activities</li> </ul>	<ul style="list-style-type: none"> <li>Add light aerobic activity and monitor for symptom return</li> </ul>
Day 3	Sport Specific Activity	<ul style="list-style-type: none"> <li>45 to 60 min of walk/jog</li> <li>Light Weight Lifting</li> <li>Agility Drills/Exercise</li> <li>Shooting (solo)/Ind Post Moves</li> <li>Passing/Dribbling Drills</li> </ul>	<ul style="list-style-type: none"> <li>Increase aerobic activity and monitor for symptom return</li> <li>Introduce Head Movements</li> <li>Introducing Change of Directions</li> </ul>
Day 4	Non-Contact Training	<ul style="list-style-type: none"> <li>60 to 90 min of walk/jog/Sprint</li> <li>No 2v2, 5v5 activities</li> <li>Defensive Slides/Lay-up Drill</li> <li>Shooting/Passing/Dribbling Drills</li> <li>3 Man Weave/Shadowing Plays</li> <li>Run Team Plays on Air</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity and monitor for symptom return</li> <li>Increase Head Movements</li> <li>Add deceleration/acceleration forces in controlled setting</li> </ul>
Day 5	Full Practice	Normal Training Activities	<ul style="list-style-type: none"> <li>Monitor Symptoms</li> </ul>
Day 6	Return to Play	Normal Game Play	<ul style="list-style-type: none"> <li>Monitor Symptoms</li> </ul>

- VHSL requires a 5-day Return To Play Protocol.
- Protocol is based from the Pittsylvania County Schools Concussion Management Team.
- Each session requires 24 hr before next level. Recurrence of ANY Symptoms at ANY level requires 24 wait and repeat test at that level. Failure to progress requires referral for consult/additional testing.
- Notify your coach and school nurse at the next availability if your symptoms return.

#### For evaluations or if you have any questions or concerns, please call:

Aaron Taylor, MS, ATC                      Cell (434) 429-1590  
 Sports Medicine Outreach                Office (434) 793-4711  
 Spectrum Medical, Inc                      Ext. 1054  
 109 Bridge Street  
 Danville, VA 24541

#### If a Referral to a Doctor is needed, you may get in touch with:

Dr. Carl Winfield, MD                      (434) 791-4110  
 Providence Family & Sports Medicine  
 173 Executive Dr  
 Danville, VA 24541