



SPECTRUM MEDICAL SPORTS MEDICINE OUTREACH

RETURN TO PLAY PROTOCOL
Cross Country/Track & Field



	ACTIVITY	SPECIFIC EXERCISE	OBJECTIVE of the DAY
Day 1	<ul style="list-style-type: none"> No Physical Activity Complete physical and Cognitive Rest 	No Activity	<ul style="list-style-type: none"> Recovery and elimination of Symptoms
Day 2	Light Aerobic Activity	<ul style="list-style-type: none"> 20 to 30 minutes of walking or on stationary bike No Impact Activities 	<ul style="list-style-type: none"> Add light aerobic activity and monitor for symptom return
Day 3	Sport Specific Activity	<ul style="list-style-type: none"> 45 to 60 min of walk/jog Burpees/Sit-ups/Handoffs (Track) Agility Drills/Exercise/ Unlevel Ground Jogging Throwing with Minimal Rotation 	<ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return Introduce Head Movements Introducing Change of Directions
Day 4	Non-Contact Training	<ul style="list-style-type: none"> 60 to 90 min of walk/jog/Sprint Short Sprint Intervals with Breaks Hill Runs (Ascend/Descend) Jumping/Leaping/Sprint Takeoffs Running Hurdles/Over Objects 50%-75% Effort - Throwing Tasks 	<ul style="list-style-type: none"> Maximize aerobic activity and monitor for symptom return Increase Head Movements Add deceleration/acceleration forces in controlled setting
Day 5	Full Practice	Normal Training Activities	<ul style="list-style-type: none"> Monitor Symptoms
Day 6	Return to Play	Normal Game Play	<ul style="list-style-type: none"> Monitor Symptoms

- 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