



# SPECTRUM MEDICAL SPORTS MEDICINE OUTREACH

## RETURN TO PLAY PROTOCOL

### Football



	ACTIVITY	SPECIFIC EXERCISE	OBJECTIVE of the DAY
Day 1	No Physical Activity • Complete physical and Cognitive Rest	No Activity	• Recovery and elimination of Symptoms
Day 2	Light Aerobic Activity	• 20 to 30 minutes of walking or on stationary bike • No Impact Activities	• Add light aerobic activity and monitor for symptom return
Day 3	Sport Specific Activity	• 45 to 60 min of walk/jog • Light Weight Lifting • Agility Drills/Exercise • Movement out of Stance Position • Helmets On	• Increase aerobic activity and monitor for symptom return • Introduce Head Movements • Introducing Change of Directions
Day 4	Non-Contact Training	• 60 to 90 min of walk/jog/Sprint • Non-Contact with Pads/Helmet • Push/Hit pads focus on technique • Route Running/Pass Catching • Blocking Assignment • Center/QB/RB Exchange	• 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	• Monitor Symptoms
Day 6	Return to Play	Normal Game Play	• 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