

# RECOVERY STAGES OF CONCUSSION

Concussed individuals should remain in each of the following stages for at least 24 hours. You must not be experiencing any symptoms prior to attempting the next stage.

Monitored by the  
PARENTS

## REST

Stimulation can burn depleted energy and cause longer recovery. Avoid technology, intense exercise and bed rest. Go for a light walk and do things around the house.



Monitored by the  
PARENTS

## LIGHT MENTAL ACTIVITY AT HOME

Should be symptom free at rest for 24 hours. Try light cognitive activity for up to 45 minutes, like watching TV, reading or homework.



Monitored by the  
SCHOOL TEACHER

## HALF DAY OF SCHOOL OR WORK

Get used to class and crowds, but no tests, homework, gym, recess, or music class. Avoid activities that put the head at risk.



Monitored by the  
SCHOOL TEACHER

## FULL DAY OF SCHOOL

The same light school activities for a full day.



Monitored by the  
CCMI CLINICIAN

## LIGHT PHYSICAL ACTIVITY

Make an appointment for a Buffalo treadmill test at a CCMI facility. If you fail, you can try again in 2-3 days.



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COACHES

## FULL RETURN TO PLAY

Full return to competition.



Monitored by the  
COACHES

## FULL CONTACT PRACTICE

Play 1 full intensity practice prior to a full game. If there are no symptoms, you can play in a game.



Monitored by the  
CCMI CLINICIAN

## MEDICAL CLEARANCE

NHL exertion test & re-testing of baseline parameters.



Monitored by the  
COACHES

## INTENSE NON-CONTACT PRACTICE

Try more intense non-contact drills. Increase the challenge and heart rate. If you experience symptoms, stop the practice.



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COACHES

## LIGHT PRACTICE

Try returning to a sport environment. Perform light, sport-specific drills and see how you feel. If you experience symptoms, stop the practice



### CCMI App Legend

- Player cannot participate
- Practice with no contact
- Uninjured with no restrictions

If symptoms are experienced at any stage, drop back to the previous stage for at least 24 hours. You must be asymptomatic prior to attempting the next stage again.