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Initial Impact

Medical Evaluation (ATC and/or physician)

Rest – No activity (both physical and cognitive)

SYMPTOM FREE

Return to School Progression

1. Light academic work
2. Moderate academic work

Accommodations as needed (half day, breaks...)

SYMPTOM FREE

Begin Return to Sport Protocol

1. Light aerobic activity
2. Sport specific activity
3. Non-contact exercises

SYMPTOM FREE

Evaluated by medical healthcare professional

Medical Clearance

SYMPTOM FREE

Full Contact Practice

SYMPTOM FREE

Return to Sport