

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# Returning to Organized Athletic Activity After a Concussion

Your child had a concussion. A **concussion** is an injury to the brain. Concussions are usually caused by a blow or injury to the head. It is a type of **traumatic brain injury** (TBI). A concussion can cause a person's brain to not function like normal. Any injury to the head should always be taken seriously. After the injury, your child should not return to activity the day of injury. It takes time for the brain to heal. Be patient.

- Your child should go back to athletic activity slowly. Your child should not play any sports or activities until cleared by your child's doctor or the Concussion Clinic. A second head injury can take longer for the brain to heal and sometimes can even lead to death.
- The first 7 days after a concussion, your child needs to rest from all organized athletic activity.
- Then, if your child does not have symptoms for 24 hours, follow Steps 1 to 5 for returning to organized athletic activity. Make sure to do only 1 step a day.

# Steps to returning to organized activity:

## Step 1: Low level physical activity, such as:

- walking or light jogging
- light stationary bike
- light weightlifting (low weight, high repetitions, no bench or squat)

## Step 2: Moderate level physical activity, such as:

- moderate jogging
- moderate intensity stationary biking
- moderate intensity weight lifting (reduced weight or time than normal)

## Step 3: Non-contact physical activity, light resistance training, sprinting, or running:

- high intensity stationary biking
- regular weight lifting routine
- non-contact sport specific drills (can do 3 planes of movement)

## Step 4: Full contact training in a controlled practice.

## Step 5: Return to competition.

**If your child's symptoms return with activity, rest for 24 hours and then restart with Step 1.**



If you have any questions, call your child's doctor or the Concussion Clinic.

## Now that you've read this:

- Tell your nurse or doctor what to do during the first week after a concussion.  
(Check when done.)
- Tell your nurse or doctor when it is safe for your child to return to competition.  
(Check when done.)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-933-1400  
866-933-6459  
[www.phoenixchildrens.org](http://www.phoenixchildrens.org)  
[www.theemilycenter.org](http://www.theemilycenter.org)  
Facebook: [facebook.com/theemilycenter](https://facebook.com/theemilycenter)  
Twitter: @emilycenter

**Disclaimer**

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

October 17, 2017 • In family review  
#1801 • Written by the Concussion Education Team at PCH  
Illustrated by Dennis Swain  
Development of this handout has been supported by funding from Fiesta Bowl Charities.



## Returning to Organized Athletic Activity After a Concussion

Name of Health Care Provider: \_\_\_\_\_

Date returned: \_\_\_\_\_  db

### Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center  
Health Education Specialist  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016-7710

602-933-1395

**Thank you for helping us!**