

# Return to Play: Sport Specific Recommendations Baseball/ Softball



Return to Play- Baseball/ Softball			
Stage	Activity	Lacrosse Specific Exercise	Objective of the stage
I	Limited physical activity that does not exacerbate symptoms for at least 2 days	<ul style="list-style-type: none"> <li>Untimed walking okay</li> <li>No activities requiring exertion (weightlifting, jogging, P.E. classes)</li> </ul>	<ul style="list-style-type: none"> <li>Recovery and elimination of symptoms</li> </ul>
II-A	Light aerobic activity <b>Must be performed under direct supervision by designated individual</b>	<ul style="list-style-type: none"> <li>10-15 min walking on treadmill or in quiet area</li> <li>10-15 minutes of stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., &lt; 100 beats per min)</li> <li>Monitor for symptom return</li> </ul>
II-B	Moderate aerobic activity ( <i>Light resistance training</i> )	<ul style="list-style-type: none"> <li>20-30 minutes jogging</li> <li>Resistance training- body weight squats and push-ups – 1 set of 10 reps each</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm)</li> <li>Monitor for symptom return</li> </ul>
II-C	Strenuous aerobic activity ( <i>moderate resistance training</i> )	<ul style="list-style-type: none"> <li>30-45 minutes running or stationary biking</li> <li>Weightlifting <math>\leq</math>50% max weight</li> </ul>	<ul style="list-style-type: none"> <li>Increase heart rate to 75% max exertion</li> <li>Monitor for symptom rtn</li> </ul>
II-D	Non-contact baseball/ softball specific drills ( <i>No restrictions for weightlifting</i> )	<ul style="list-style-type: none"> <li>Interval throwing program, bullpen pitching, field ground balls, double plays, catching fly balls, running bases, pick off attempts, catcher coming out of the crouch, dry cuts, bunting, hitting off the tee</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Accelerate to full speed with change of directions (cuts)</li> <li>Introduce rotational head movements</li> <li>Monitor for symptom return</li> </ul>
<p><b>Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor and/or coach</b></p>			
III-A	Limited contact baseball/ softball drills	<ul style="list-style-type: none"> <li>Hitting off a pitching machine with progression to live batting practice</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Add deceleration/ rotational forces in controlled setting</li> <li>Monitor for symptom return</li> </ul>
III-B	Full practice (after medical clearance)	<ul style="list-style-type: none"> <li>Normal training activities</li> </ul>	<ul style="list-style-type: none"> <li>Reassess for symptoms every 30 minutes throughout the practice</li> <li>Monitor for symptoms</li> </ul>
<p><b>MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice</b></p>			
IV	Return to play (competition)	<ul style="list-style-type: none"> <li>Normal game play</li> </ul>	<ul style="list-style-type: none"> <li>Return to full sport activity without restriction</li> </ul>