

# Return to Play: Sport Specific Recommendations Soccer



Return to Play- Soccer			
Stage	Activity	Soccer 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 ≤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 soccer specific drills	<ul style="list-style-type: none"> <li>Inside/inside, top tapping the ball, dribbling in a straight line, dribbling around cones, chipping, goal-keeper punts, goal-keeper catches, long and short passing (inside foot and instep), shooting, volleys</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 soccer drills	<ul style="list-style-type: none"> <li>Ball tossed headers from knees (progress to standing then jumping), goal-keeper dives from knees (progress to standing), 1 on 1 (progress to 2 on 2, 3 on 3, etc.)</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>