

Nebraska Lacrosse Return to Play Progression for Concussion
(To be completed by Coach and upon completion, placed in athletes file)

Name: _____
Date of Concussion: _____

Sport: _____
Date that Progression Began: _____

Each phase is a 1 day process, consisting of specific drills designed to gradually increase the level of participation, increase confidence in skills, and gradually return the student athlete to a full level of participation.

If signs/symptoms of a concussion or brain injury recur, the student must immediately stop the return to play progression and after being symptom free for a minimum of 24 hours, return to the previous phase at which the student was asymptomatic and commence the progression from there. During Phases 5 and 6, if symptoms occur, consultation with The Nebraska Medical Center Coordinator or physician should be requested due to the possibility of repeat concussion from contact.

Phase 1: (Coaches Please Initial and Date as each step of each phase is attempted and/or completed).

- Jog 2 minutes or 1 lap and then stretch
- Pick one of the following activities
 1. 15 minute jog
 2. 15 minute elliptical
 3. 15 minute stationary bike

Phase 1: _____ Cleared for Phase 2: _____ Repeat Phase 1, after rest: _____

Notes: _____

Phase 2: (Coaches, please initial and date as each step of each phase is attempted and/or completed).

- Jog 2 minutes or 1 lap and then stretch
- Pick 2 of the following activities
 1. 20 minute jog
 2. 15 minutes stairs
 3. 15 minutes agility drills
 4. Obstacle Course Duration of Activity _____

Phase 2: _____ Cleared for Phase 3: _____ Return to Phase 1 after rest: _____

Notes: _____

Phase 3: (Coaches, please initial and date as each step of each phase is attempted and/or completed).

- Jog 2 minutes then stretch
- Pick three of the following activities
 1. 30 minute jog
 2. 10 wind sprints
 3. Sports specific drills/agilities Duration of Activity _____
 4. Other (must be non-contact/non-practice) _____ Duration of Activity _____

Phase 3: _____ Cleared for Phase 4: _____ Return to Phase 2 after rest: _____

Phase 4: Limited practice (non-contact, completing non-contact drills)

Phase 4: _____ Cleared for Phase 5: _____ Return to Phase 3 after rest: _____

Phase 5: 50% contact (begin full px but sub out every few minutes so that px is only equivalent to 50% of time)

Phase 5: _____ Cleared for Phase 6: _____ Symptomatic, Consult Requested: _____

Phase 6: Full Practice (If any symptoms occur, consult with physician or TNMC Coordinator prior to progressing)

Phase 6: _____ Cleared for Competition: _____ Symptomatic, Consult Requested: _____

Date Completed Return to Play Progression: _____ Coaches Signature: _____