

## Pediatric Mild Traumatic Brain Injury

### Return-to-Play Progression

#### Criteria

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Athletes must meet the following criteria to be considered ready to begin the return-to-play progression:

1. Athletes must be symptom-free.
2. Normal cognitive testing (including baseline comparison if available) and Concussion Symptom Checklist.
3. Completed Return-to-School Progression checklist and remain symptom-free.
4. If computerized concussion testing (i.e., ImpACT™) available, repeat must be performed and reviewed by a concussion specialist. If referred to neuropsychology, evaluation must be at expected levels.
5. No other physical injuries may be present that will prevent them from a successful return to full sports.

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All steps should be monitored by a certified athletic trainer or coach. If ANY symptoms develop, the athlete should STOP exercising that day and return to the previous step only after 24 hours asymptomatic.

**Progression should not be any quicker than one step per 24 hours. The entire sequence will take approximately one week. For athletes with a prolonged recovery, physicians may choose to alter, delay or extend the progression back to play.**

- Remain symptom-free for 24 hours without using pain medication
- Light aerobic exercise for 20 minutes (stationary bike, jogging, walking)
- Sport-specific exercise for 30 minutes (soccer foot skills, throwing baseball, shooting and dribbling basketball)
- Noncontact training drills for 30 – 45 minutes and/or progressive resistance training (practice drills that don't put individual at risk for getting head hit – passing/shooting/footwork drills or weight lifting)

**AT THIS TIME, IN ACCORDANCE WITH THE OHIO DEPARTMENT OF HEALTH LAW, ATHLETES REQUIRE WRITTEN PERMISSION FROM AN APPROPRIATE HEALTH CARE PROVIDER BEFORE PROGRESSING. IF BASELINE NEUROCOGNITIVE TESTING IS AVAILABLE FOR COMPARISON, A REPEAT SHOULD BE PERFORMED NO LATER THAN THIS STEP WITH NO CONTINUED PROGRESSION UNTIL DEEMED BACK TO BASELINE LEVELS BY AN APPROPRIATE HEALTH CARE PROVIDER.**

- Full contact training drills
- Return to play in games allowed

***For additional evaluation by the UH Rainbow Babies & Children's Hospital Sports Medicine Team, Pediatric Neurology or Neuropsychology team, please call 216-983-PLAY (216-983-7529).***