

LIFT



HEAD INJURY PROTOCOL



INFO@LIFTTRAINING.CA

IMMEDIATE CARE

See physiotherapist

Monitor For Signs & Symptoms of a Concussion

Follow 6 Step Return To Play Process

(must be 24 hours symptom free before progressing to the next stage)

6 Step Return To Play Process

Stage 1—light physical and mental activity

Stage 2—light aerobic activity- walking and cycling

Stage 3—sport specific training

Stage 4—non-contact training drills

Stage 5—full contact training

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