

LIFT



HEAD INJURY PROTOCOL



[INFO@LIFTTRAINING.CA](mailto:info@liffttraining.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

Phone: 604.314.4048 Email: info@liffttraining.ca
3082 Spring Street (Left Side Door) Port Moody, BC

[LiftTraining.ca/soccer](https://liffttraining.ca/soccer)