

# 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

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

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