

# Concussion Management Return to Sport Guidelines



Note: An initial period of **24-48 hours** of both relative physical rest and cognitive rest is recommended before beginning the RTS progression. There should be at least **24 hours** (or longer) for each step of the progression. If any symptoms worsen during exercise, the athlete should go back to the previous step. Resistance training should be added only in the later stages (stage 3 or 4 at the earliest). If symptoms are persistent (eg. more than 10-14 days in adults OR more than 1 month in children), the athlete should be referred to a health care professional who is an expert in the management of concussion.

For more information please visit:

[www.sportmedab.ca/ab-concussion-alliance](http://www.sportmedab.ca/ab-concussion-alliance)

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