

Focus	Goal	Requirements to move to next stage
Rest		
Rest.	Help speed up recovery.	Complete physical and cognitive rest in the first 24-48 hours.
Recovery		
Symptom limited activity.	Two days of activities that do not provoke symptoms.	No concussion-related symptoms at rest or with physical or brain activity for at least 1 day and the patient has successfully returned to work/school.
Graded Loading - Individual program		
Light/moderate aerobic exercise. RECOVERY DAY	Light/moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace). No resistance training.	Remain completely free of any concussion-related symptoms.
Sport-specific exercise. RECOVERY DAY	Increase intensity of exercise (e.g. running at an increased heart rate) and duration of activity Add sports-specific drills (e.g. goal kicking, stationary handballs) Commence light resistance training	Remain completely free of any concussion-related symptoms.
Graded Loading - full program		
Limited contact training. RECOVERY DAY A full medical clearance by a medical practitioner (e.g. Concussion Specialist, Physiotherapist or Doctor) is required to return to full contact training sessions and competitive contact sport or full home and school life.	Return to full team training - non contact except drills with incidental contact (including tackling). Return to full home and school life.	Remain completely free of any concussion-related symptoms. The patient confident to return to full contact training or sport or just general life.
Full contact training.	Full team training/full home and school life.	Remain completely free of any concussion-related symptoms The patient confident to return to full game.
Return to play		Minimum 12 days from initial injury