



Michigan Stars FC Sports Medicine Department Concussion Protocol Agreement



Below is the Return-to-Sport Progressions the Sports Medicine Staff will follow once an athlete is diagnosis and begins treatment for a concussion while at Michigan Stars FC

Daily Return-to Sport Progression

- Day 0: Symptom-limited activity. Daily activities that do not cause symptoms
- Day 1: Light Aerobic exercise without resistance training (Stationary bike/Elliptical)
- Day 2: Moderate aerobic exercises and Sport-specific movements. (Running/Agility)
- Day 3: Sport-specific exercise with progressive resistance training without head impact (Sport-specific/lift)
- Day 4: Non-contact practice with maximum 90 minutes
- Day 5: Unrestricted training / Full contact practice (No Game)
- Day 6: Unrestricted return-to-sport / Game Participation

Note: If at any point the athlete becomes symptomatic (more symptomatic than baseline), the team physician or physician designee will be notified, and adjustments will be made to the return-to-sport progression.

Acknowledgement of having read and understood concussion material provided.

I have read, watched, and understand the following concussion materials:

- CDC Concussion fact sheet:
https://www.cdc.gov/headsup/basics/concussion_what_is.html

I have had the opportunity to ask questions concerning the material covering concussions listed above. I have hereby understand and accept Michigan Stars FC policy pertaining to concussions.

Athlete's Name: _____ Date: _____

Athlete's Signature: _____

Parent/Guardian's Name: _____ Date: _____

Parent/Guardian's Signature: _____

(If athlete is under 18 years of age)