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Concussion Protocol Policy

Each player and each concussion is unique. Therefore, there is no set time-frame for return to participation or for the progression through the steps of the graduated exercise program set forth below. Recovery time will vary from player to player. The decision to return a player to participation remains within the professional judgment of the Head Team Physician or Team Physician's designated for concussion evaluation and treatment, performed in accordance with these Protocols. Head Team Physician or Team Physician's are encouraged to consult with an Independent Neurological Consultant (INC). Team Physician's should inform an INC when a concussion occurs so that consultation at a medically appropriate time can be arranged. Team Physician's should consult an INC specifically to answer the question of the player-patient's neurological health and his full return to competitive participation. The final clearance for return to play is a decision made by the team's medical staff.

Step 1) Rest & Recovery: The player is prescribed rest until his signs and symptoms and neurological examination, including cognitive and balance tests, return to a baseline status.

Step 2) Light Aerobic Exercise: Under direct oversight of the team's medical staff, the player should begin graduated cardiovascular exercise and may also engage in dynamic stretching and balance training.

Step 3) Introduction of Strength Training: The player continues with supervised cardiovascular exercises that are increased and may mimic sport-specific activities, and supervised strength training is introduced.

Step 4) Non-Contact Lacrosse Activities: The player continues cardiovascular, strength and balance training, and participates in non-contact lacrosse activities.

Step 5) Full Lacrosse Clearance: Upon clearance by the team's medical staff after examination, a player may participate in his teams next practice or game involving contact.

Should you have any questions or concerns with our league protocol, please do not hesitate to contact us.