

Field Hockey Return-to-Sport Strategy
Developed by Field Hockey Canada

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms or make symptoms worse	Gradual re-introduction of work/school activities
2	Light aerobic activity	Light jog or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
3	Sport-specific exercise	<ul style="list-style-type: none"> - Warm-up and flow through drills - Individual passing or shooting drills - No head impact activities - No resistance training 	Add movement
4	Non-contact training drills	<ul style="list-style-type: none"> - Participation in high intensity running and drills - May start progressive resistance training. <p>Proceed to Stage 5 after medical clearance.</p>	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participation in full practice without activity restriction	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.