

Softball Return-to-Sport Strategy
Developed with Softball Canada

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms	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	Low to moderate intensity individual running, throwing and outfield catching. No in-field, catching or pitcher position practice.	Add movement
4	Non-contact training drills	High intensity running (including non-contact base running), throwing, out-field and in-field catching. Non-contact individual and team drills. Batting cage or taking pitches from a coach. May start progressive resistance training. Individual catcher and pitching position practice.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance High intensity full contact practice and scrimmage	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.