

Volleyball Return-to-Sport Strategy
Developed by Volleyball 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	Walking or stationary cycling at slow to medium pace. No resistance training - <i>Light intensity walking or stationary cycling for 15-20 minutes at sub-symptom threshold intensity</i> - <i>Volleyball specific warm-up and cool-down</i>	Increase heart rate
3	Sport-specific exercise	Running drills. No head impact activities - <i>Moderate intensity jogging for 30-60 minutes at sub-symptom threshold intensity</i> - <i>Low to moderate impact passing, standing serves, setting, and agility drills</i>	Add movement
4	Non-contact training drills	Harder training drills, i.e. passing drills. May start progressive resistance training - <i>Participation in high intensity running and drills</i> - <i>High intensity practice without risk of receiving hard driven spikes to the head</i> - <i>Participation in resistance training work-outs</i>	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance - <i>Participation in full practice without activity restriction</i>	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.