**Concussion in Sport Australia**

Return to Sport Protocol for **adults** over 18 years of age

## Diagnosis of concussion

## No return to sport

## Deliberate physical and cognitive rest (24–48 hours)

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|---|---|
| Light aerobic activity (until symptom-free) | Significant and sustained deterioration in concussion symptoms |
| Basic sport-specific drills which are non-contact – no head impact (24 hours) | Recurrence of concussion symptoms |
| More complex sport-specific drills which are non-contact – no head impact – may add resistance training (24 hours) | Recurrence of concussion symptoms |
| Medical review before return to full contact training | If not medically cleared, any further activity to be determined by medical practitioner |
| Return to full contact training (24 hours) | Recurrence of concussion symptoms<br>**COMPLETE FORMAL MEDICAL REVIEW** |
| Return to sport | Recurrence of concussion symptoms<br>**COMPLETE FORMAL MEDICAL REVIEW** |

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