

STAGE 1: Non-Contact Workload Accumulation

Date:					
Conditioning	100%	100%	100%	100%	100%
Non-Contact Passing/Shooting Drills	20%	40%	60%	80%	100%

STAGE 2: Contact Workload Accumulation

Date:					
Contact Drills	40%	60%	80%	100%	100%
Scrimmage	20%	40%	60%	80%	100%

STAGE 3: Live Game Ramp Up

Date:					
Live Game Play	20%	40%	60%	80%	100%

Key Points

1. Percentages are based on TIME. I.e. if the period is 10 minutes long and the athlete is at 40%, they would play 4 minutes. It can also be divided by reps - if every player gets 10 reps, they would get 4.
2. Return to play is a gradual process and based on measures of performance/recovery versus a being a specific time point. The athlete needs to be cleared via demonstrating passed testing and no pain/swelling during each stage to progress to the next.
3. Establishing workload is key. We'd like you to be at 70% of your typical season workload prior to playing in games.
4. Increase activity amount 10-20% per week - these numbers are modifiable to fit each individual athlete and set the athlete up for success.
5. TOURNAMENT PLAY: If the athlete is returning during a tournament - they can ideally take 1 day off in between games to prevent overuse.

STAGE 1: Non-Contact Workload Accumulation

Date:					
Conditioning					
Non-Contact Passing/Shooting Drills					

STAGE 2: Contact Workload Accumulation

Date:					
Contact Drills					
Scrimmage					

STAGE 3: Live Game Ramp Up

Date:					
Live Game Play					

Key Points

- This is meant to be athlete/sport specific and individualized based on the injury. Following your PTs advice will set you up for the best chance of success and lowest chance of reinjury.
- Percentages are based on TIME. I.e. if the period is 10 minutes long and the athlete is at 40%, they would play 4 minutes. It can also be divided by reps - if every player gets 10 reps, they would get 4.
- Return to play is a gradual process and based on measures of performance/recovery versus a being a specific time point. The athlete needs to be cleared via demonstrating passed testing and no pain/swelling during each stage to progress to the next.