

STAGE	AIM	ACTIVITY	GOAL OF EACH STEP
1	Symptom-limiting activity	Daily activities that do not provoke symptoms.	Gradual reintroduction of work/school activities
2	Light aerobic activity	Walking or stationary biking at slow to medium speed. No resistance training. No resistance training.	Increase heart rate
3	Sport-specific exercise	Skating drills. No head impact activities.	Add movement
4	Non-contact training drills	Harder skating drills (e.g. passing) May start progressive resistance training. No contact drills/scrimmage.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance. Regular hockey practice with contact drills/scrimmage.	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play.	