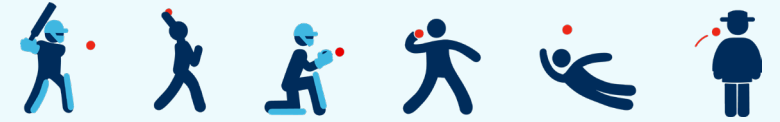


GRADUATED RETURN TO ACTIVITY - STAGES



STAGE 1

48 Hours

Initial rest
and recovery



STAGE 2

Reintroduce
activities



STAGE 3

Increase physical
and mental activity



STAGE 4

Re-introduce
cricket specific
activities



STAGE 5

14 Days
Symptom Free

Return to full
cricket training



STAGE 6

21 Days
Symptom Free

Return to
competitive cricket
/ matches

GRADUATED RETURN TO ACTIVITY - STAGES

STAGE	1	2	3	4	5	6
TIMESCALE	48 HOURS				At least day 15 (provided symptom free at rest for 14 days beforehand)	At least day 21 (provided symptom free at rest for 14 days beforehand)
AIM	Relative rest and recovery	Reintroduce normal daily activities	Increase physical and mental activity	Re-introduce cricket specific activities	Return to full cricket training	Return to sport
CRICKET ACTIVITY		Gradual increase in physical activities such as short walks / simple chores	Light aerobic activity e.g., walking or stationary cycling for 10-15 mins Body weight resistance training	No activity with a risk of head strikes/contact Light bowling Higher intensity running Supervised return to the gym Low intensity fielding	If free from symptoms (at rest) for 14 days, commence activities with a risk of head strikes/contact Batting and fielding practice Running and full return to gym/resistance training	Full return to competitive play

