

CONCUSSION

GRADUATED RETURN TO PLAY (GRTP)

REHABILITATION STAGE	EXERCISE AT EACH REHABILITATION STAGE	MINIMUM TIME
1. Relative rest	Activities of daily living and reduced screen time.	Days 1–2
2. Light to moderate exercise*	Symptom-guided low to moderate intensity activity such as walking or jogging.	Days 3–16 <i>Min. of 24 hours between stages before progressing. Symptoms should be progressively improving. If symptoms worsen drop back a stage.</i>
3. Individual sport-specific exercise*	Increase intensity. Running, change of direction, individual skills with NO risk of head impact.	
4. Non-contact training drills*	Progression to more complex multiplayer training drills: passing, catching, may start weight training.	Days 17–18
5. SEEK MEDICAL CLEARANCE		
6. Following medical clearance full contact practice	May participate in normal training activities (contact training).	Day 18–20
7. After 24 hours return to play*	Player rehabilitated.	Day 21

*If symptoms persist, seek medical advice

All players diagnosed with a concussion or suspected concussion must go through the GRTP described in this poster. For more information talk to your coach, your local union, contact New Zealand Rugby or check out nzrugby.co.nz/concussion

RECOGNISE / REMOVE / RECOVER / RETURN

