

GRADUATED RETURN TO PLAY (GRTP)

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 rugbysmart.co.nz



CONCUSSION

| Rehabilitation Stage | Minimum Time | |
|--|---------------|---------------|
| | U19 | 19+ |
| 1 Rest / No Activity Complete mental and physical rest. No screens. | Days 1-2 | Days 1-2 |
| 2 Light aerobic exercise Symptom guided low - moderate intensity activities (walking and stationary cycling). | Days 3-16 | Days 3-16 |
| 3 Rugby-specific exercise Running drills, no impact activities. | Days 17-18 | Day 17 |
| 4 Non-contact training drills Progression to more complex training drills: passing, catching, may start doing weight training. | Days 19-20 | Day 18 |
| 5 Following medical clearance full contact practice May participate in normal training activities (contact training). | Days 21-22 | Days 19-20 |
| 6 After 24 hours return to play Player rehabilitated. | Day 23 | Day 21 |

RECOGNISE / REMOVE / RECOVER / RETURN