

Baseball: Play Safe

The most common cause of concussion in younger athletes is being struck by bat. For older athletes, the most common cause of concussion is being struck by ball.

Wear proper equipment that fits (ie; batting helmet, catcher's mask)

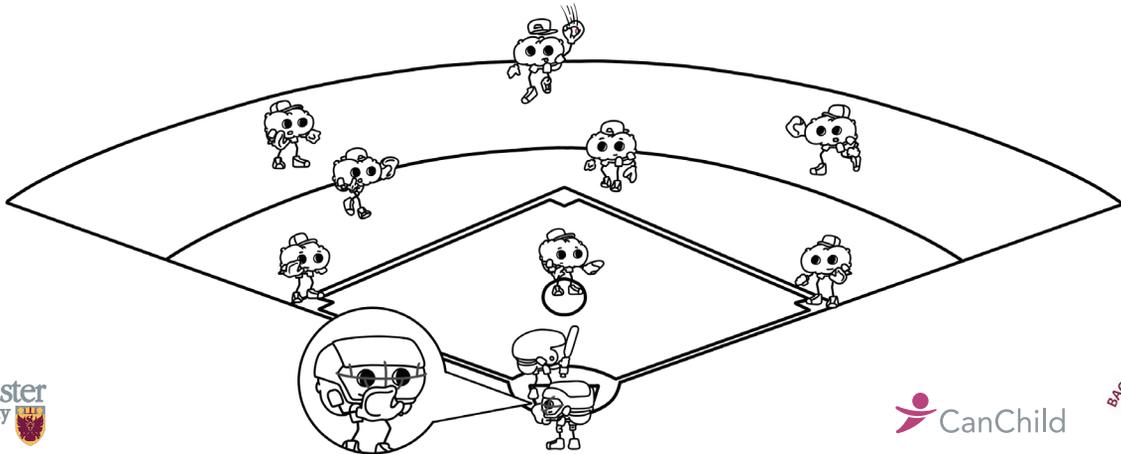
Keep your eye on the ball. Learn how to protect yourself from being hit by the bat or ball

Be alert and aware of other players and surroundings (ie; fences)

Catcher stays clear of swinging bat

Learn proper fielding techniques. **COMMUNICATE** with other players

Learn how to avoid a collision anywhere on the field (ie; home plate)



Tell your parents and coaches if you think you've had a concussion.

Play Safe, Play More!

Baseball: Return to Activity

STAGE

1

SHORT PHASE OF PHYSICAL & COGNITIVE REST. **NO CONTACT.**

- Scale back physical and cognitive activity, participate in home activities (i.e., make bed, listen to music quietly).

STAGE

2

LIGHT EXERCISE. **LIGHT ACTIVITY - 15-30 MINS, UP TO 2X/DAY. NO CONTACT.**

- Walk, stretch/gentle yoga, swim, and/or light intensity on rowing machine or stationary bike.

STAGE

3

INDIVIDUAL SPORT SPECIFIC ACTIVITY. **MODERATE ACTIVITY - 30 MINS, UP TO 4X/DAY. NO CONTACT.**

- Jogging and then running (i.e., around field, between bases).
- Individual warm up and footwork drills (i.e., backpedal, high knees, shuffle with arm flap).
- Individual throwing and catching (i.e., against wall, forehand, backhand,) stationary throwing and catching, start with lighter ball (i.e., tennis ball) progress to regular ball, bunting a softer ball.

STAGE

4

SPORT SPECIFIC PRACTICE WITH TEAM. **MODERATE/VIGOROUS ACTIVITY - 30 MINS, UP TO 6X/DAY. RESISTANCE TRAINING. NO CONTACT OR SCRIMMAGES.**

- Ease back to practice. Wear no-contact jersey. Practice drills with ONE TEAMMATE.
- Increase the difficulty of warm up & conditioning drills (i.e., carioca, walking lunges with a twist, skaters).
- Start strength training (i.e., push ups, shoulder exercises no resistance then add theraband or weights).
- Throwing and receiving drills (i.e., interval throwing, long toss, bull pen pitching, fielding ground balls to catching fly balls, higher intensity running drills and running catches).
- Hitting drills (i.e., dry cuts, hitting off a tee; bunting).

STAGE

5

SPORT SPECIFIC PRACTICE WITH TEAM. **VIGOROUS ACTIVITY. CONTACT, SCRIMMAGES.**

- Progress to drills and scrimmage with FULL TEAM (i.e., 2 ball, hit and get).
- Higher intensity agility, footwork drills and strength training (i.e., pogos, double leg lateral line hops, medicine ball rotation slams and throws).
- Hitting off a pitching machine and progress to live batting.
- Wear batters helmet with any batting practice.

STAGE

6

RETURN TO FULL SPORT. **GAME PLAY. CONTACT.**