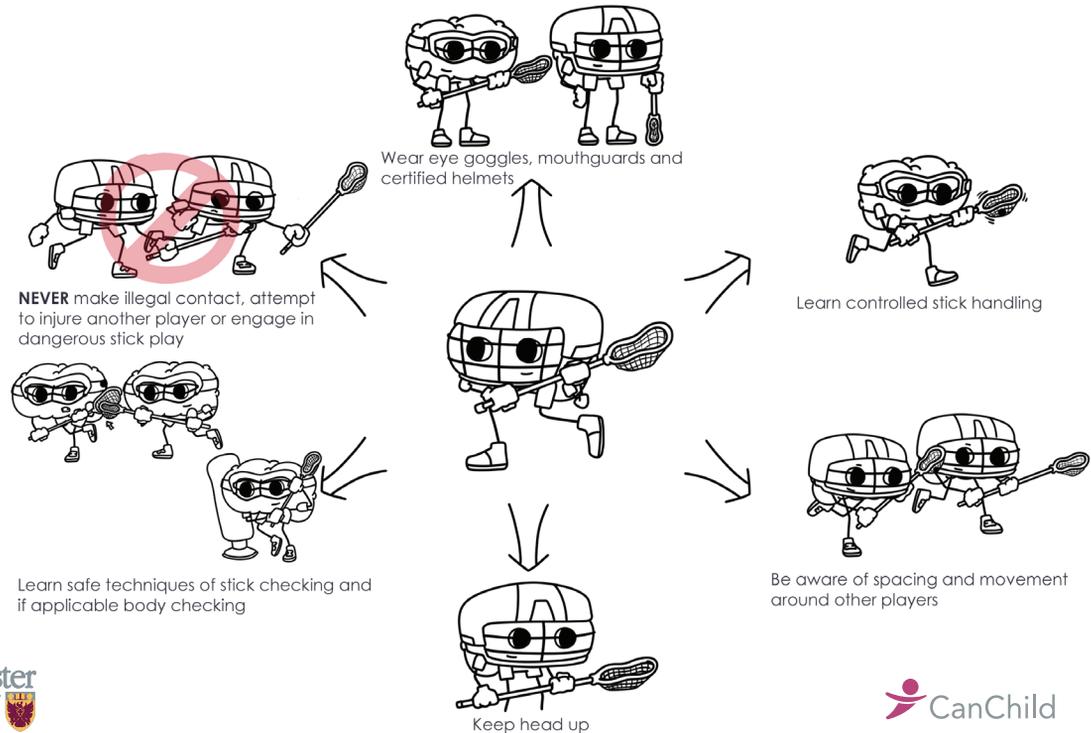


# Lacrosse: Play Safe

Midfielders, attackers and goalies are at higher risk of sustaining a concussion.



Tell your parents and coaches if you think you've had a concussion.  
**Play Safe, Play More!**

# Lacrosse: 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.**

- Dynamic warmups basic to more complex (i.e., Frankenstein walk, power skips, mountain climbers).
- Solo stick handling (i.e., cradling, catching, scooping, shooting) and foot work (i.e., approach, backpedal, shuffle).
- Goalies – juggling and basic goalie drills (i.e., cone cover, pipe to pipe – tapping only).

STAGE

4

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

- Ease back to practice. Wear no-contact jersey. Practice drills with ONE TEAMMATE.
- Conditioning drills (i.e., sprints, ladder & box drills, push ups, side plank, resistance band wrist flexion/extension).
- Goalies – start with basic and progress to more complex drills (i.e., egg toss, quick sticks, butt end to offside hit); use light ball and prompts to start; progressively increase tempo and complexity.

STAGE

5

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

- Progress to drills and scrimmage with FULL TEAM (i.e., give & go, waterfall, pinwheel, 1 on 1, scramble).
- Goalie: move back into crease, start with basic drills taking simpler shots, then increase level of difficulty
- Review and practice safe techniques with stick checking and if applicable, body checking.

STAGE

6

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