Get back to sport and physical activity after a concussion

If your symptoms get worse, drop back to the previous step then try again.

**STEP 1**
Get checked out by a doctor

**STEP 2**
Rest for 24-48 hours

**STEP 3**
Light activity like walking and swimming

**STEP 4**
Moderate activity including sport skill practice

**STEP 5**
Non-contact sport practice

**STEP 6**
Get the OK from a doctor

**STEP 7**
Contact sport practice

**STEP 8**
Return to sport

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