



PITTSYLVANIA COUNTY SCHOOLS ATHLETIC TRAINING

RETURN TO PLAY PROTOCOL BASEBALL/SOFTBALL



	ACTIVITY	SPECIFIC EXERCISE	OBJECTIVE of the DAY
STEP 1	No Physical Activity • Complete physical and Cognitive Rest	No Activity	• Recovery and elimination of Symptoms
STEP 2	Light Aerobic Activity	• 20 to 30 minutes of walking or on stationary bike • No Impact Activities	• Add light aerobic activity and monitor for symptom return
STEP 3	Sport Specific Activity	• 45 to 60 min of walk/jog • Light Weight Lifting • Interval Throwing Program • Dry Cuts/Tee Work • Light Agility Exercises	• Increase aerobic activity and monitor for symptom return • Introduce Head Movements • Introducing Change of Directions
STEP 4	Non-Contact Training	• 60 to 90 min of walk/jog/Sprint • Continue Interval Throwing Program • Hitting: Pitching Machine, Soft Toss • Fielding: Ground Balls/ Fly Balls • Bullpen Catching/Pitching • Running Bases	• Maximize aerobic activity and monitor for symptom return • Increase Head Movements • Add deceleration/acceleration forces in controlled setting
STEP 5	Full Practice	Normal Training Activities	• Monitor Symptoms
STEP 6	Return to Play	Normal Game Play	• Monitor Symptoms

- VHSL requires a 5-Step Return To Play Protocol.
- Protocol is based from the Pittsylvania County Schools Concussion Management Team.
- Each session requires 24 hr before next level. Recurrence of ANY Symptoms at ANY level requires 24 wait and repeat test at that level. Failure to progress requires referral for consult/additional testing.
- Notify your coach and school nurse at the next availability if your symptoms return.

For evaluations or if you have any questions or concerns, please call:

Aaron Taylor, MS, LAT, ATC Cell (434) 429-1590
Athletic Trainer Coordinator Office (434) 432-8185
Pittsylvania County Schools Ext. 3406

If a Referral to a Doctor is needed, you may get in touch with:

Dr. Carl Winfield, MD (434) 791-4110
Providence Family & Sports Medicine
173 Executive Dr
Danville, VA 24541