



Squash Specific Return-to-Sport Strategy

Stage	Aim	Activity	Goal of each step
1	Symptom-limiting activity	Daily activities that do not provoke symptoms	Gradual re-introduction of work/school activities
2	Light aerobic activity	Light jog or stationary cycling at slow to medium pace. No resistance training <ul style="list-style-type: none"> - <i>Light intensity jogging or stationary cycling for 15-20 minutes at sub-symptom threshold intensity</i> 	Increase heart rate
3	Sport-specific exercise	Running or squash drills <ul style="list-style-type: none"> - <i>Moderate intensity jogging for 30-60 minutes at sub-symptom threshold intensity</i> - <i>Low to moderate on court activities.</i> 	Add movement
4	Training drills	Harder/longer/more intense on court squash drills. May start progressive resistance training; <ul style="list-style-type: none"> - <i>Participation in high intensity running and drills</i> - <i>Participation in resistance training workouts</i> 	Exercise, coordination and increased thinking
5	Full practice	Following medical clearance <ul style="list-style-type: none"> - <i>Participation in full practice without activity restriction</i> 	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

Adapted from: McCrory et al. (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838-847.