

Equestrian Return-to-Sport Strategy
Developed with Equestrian Canada

Step 1: Daily activities that do not provoke symptoms

After an initial 24-48 hours of physical and cognitive rest, gradual re-introduction of daily activities. Refrain from participating in any sporting and physical activities or physical exertion. Only indulge in activities that do not worsen symptoms.

STEP 2: Light Aerobic Exercise, Unmounted

Activities such as walking or stationary cycling. The athlete should be supervised by someone who can help monitor for symptoms and signs.

No resistance training or weight lifting.

The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day.

Sport-specific activities off of the horse such as light grooming or tacking up to ensure these are tolerated prior to getting back on the horse.

STEP 3: Sport Specific Activities, Mounted - Light Flatwork

Activities such as walking or hacking can begin at step 3. There should be no jarring motions or work at speed.

STEP 4: Begin Drills — Schooling

STEP 5: Begin Jumping/Full Training, once cleared by a physician

STEP 6: Competition

Athlete is completely recovered and cleared to return to active play and competition.

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.