

Stay free of symptoms for at least 1 day at each level, only then move to the next level on the following day!

Stages for returning to play	
1	Symptom-limited activity: Rest, sports are forbidden (much sleep, no mental stress, no reading, no television, no gaming)
2	Light aerobic exercise: Walk for 20-30 min stationary cycling at slow to medium pace. No resistance training.
3	Medium length aerobic exercise: e.g. core training, proprioception and balance exercises (e.g., 30-45 min)
4	Sport-specific training (careful training without jumps and danger of falling or contact, no games, do not go to the limit)
5	Floorball training (e.g. participating in drills, still avoiding playing games)
6	Ready to play games