



“I’ve been symptom-free the last few days. That doesn’t mean that when I exert myself that I won’t have symptoms. That could always happen. That’s pretty normal... it’s a process and we’ll see how things go.” – **Sidney Crosby**

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THE GO AHEAD – WHAT TO DO

- ❖ When you have the go ahead from your doctor, begin light re-entry into physical activity: light walking around the rink, treadmill, stairs.
- ❖ If no symptoms occur within 24 hours, increase activity gradually to dry land, weights, and ice time without contact
- ❖ If any symptoms return, **STOP EVERYTHING** and consult with your doctor/trainer and coaching staff
- ❖ Remain focused on healing and keep reading follow/accept and expect boxes as they are the **only way** you will return to the game a healthy/successful way

Remember that no game is as important as your health. This injury is serious and can end your athletic career if you rush back to the game too early. A successful return to the game requires patience, understanding, focus and self care.

You are an athlete and holding back is not in your nature. Try to understand that healing is not holding back rather the most important step in returning to the game you love.

Best of luck and be safe.



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