

Rehabilitation and Return to Riding Following Concussion

Follow the **“Return to Play - Rehabilitation Plan”** guidelines of FEI and Acquired Brain Injury Ireland

Note: Cognitive Judgement, Balance and Co-Ordination are impaired in concussion injury. A rider/athlete must not ride a horse in the first stages of recovery.

Levels / Stages of Return to riding

Note: Cognitive Judgement, Balance and Co-Ordination are impaired in Concussion injury.

A Rider/Athlete Must Not ride a horse in the first stages of recovery.

1. REST - No activity, complete cognitive and physical rest, Do NOT Ride a Horse. Once asymptomatic proceed to level 2.
2. Progress to light aerobic training (walking, jogging), no resistance training.
3. Progress to sports specific exercise, i.e. Riding - going out for a hack / flatwork
4. Non-contact training drills, i.e. work riding.
5. Full training after medical clearance including neuropsychological testing.
6. Back to Equestrian competition.

If at any of these stages, the rider/athlete becomes symptomatic, he should revert to the first level of activity for 24 hours before attempting again to move on to the next level.

KEY PRINCIPLES FOR RETURN TO EQUESTRIAN SPORTS FOLLOWING CONCUSSION

- 1. REST. Riders/Athletes MUST NOT RIDE A HORSE the same day that their head injury occurred.**
- 2. Riders/Athletes should NOT return to Riding if they still have ANY symptoms.**
- 3. Riders/Athletes, MUST INFORM your coach and/or trainer of your Concussion injury, symptoms, and GIVE the contact information for the treating health care provider.**