

Squash following a concussion

Squash and rackets are **medium-risk sports** for concussion. Although there is no deliberate contact, risks arise from **ball strikes** to the head/face at very high speed, **racquet contact** (accidental swing collisions), **wall impacts or falls** in confined court spaces and **player collisions**

Because play is **fast-paced, enclosed, and highly reactive**, athletes must progress carefully through recovery stages. Returning too early risks poor reaction speed and coordination — increasing the likelihood of head injury from a ball, racquet, or wall collision.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p>Low risk exercise & training Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training. Focus on fitness</p> <p>Squash specific exercise</p> <ul style="list-style-type: none"> - Shadow swings (no ball). - Controlled racquet drills with foam/soft balls. - Simple technical movements (drop shots, straight drives, ghosting footwork). - Solo hitting at reduced intensity in open space.
<p>R2P Medical Assessment to assess fitness to start a Gradual Return to Sport</p>		
Day 15	Only if symptom free at rest for the preceding 14 days	<p>Gradual Return to Squash training</p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> - Solo hitting at game speed. - Feeding drills from coach/partner (predictable ball placement). - Reactive footwork with cues (coach points to shot placement). - Doubles positioning and movement walk-throughs (no live play). <p>If remains well, progressing to:</p> <ul style="list-style-type: none"> - Full rallies at game intensity. - Supervised match play including doubles (with full reaction speed). - Competition-level movement, shot-making, and tactical play.
<p>R2P Medical Assessment to assess fitness to return to unrestricted sport</p>		
Day 21	Only if symptom free at rest for the preceding 14 days AND symptom free during previous stage	Return to full competitive squash



