GRtP – STAGE 5

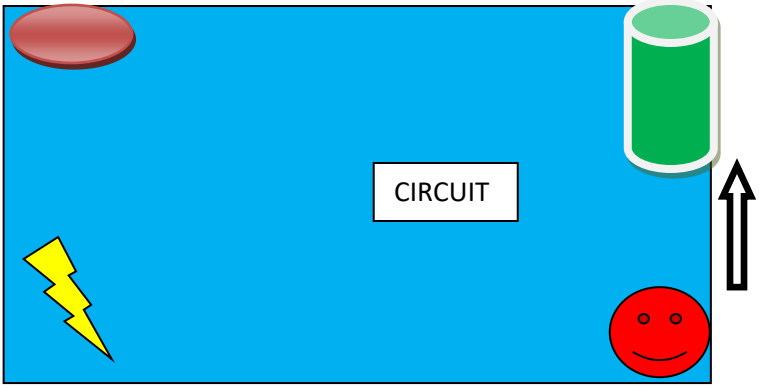
Before start Cognitive Tests; 3 words to remember –
Pillow; Sugar; Garden.
Ask for a phone number? Now repeat backwards (for baseline)

Balance tests: (1) stand on two feet looking forward, close eyes, and bring index finger to touch nose – left and right – assess for accuracy/symmetry
(2) stand on one leg (can put foot behind calf) close eyes for 5 seconds and repeat as (1) – assess for balance
Ask for 3 words (assess for accurate recall)

Warm Up (need a player as partner):
(a) normal, going to run & roll – assess for symptoms
(b) passing drill – assess for accuracy/symmetry
(c) contact warm up with another person, include wrestling – assess symptoms
(d) curly tackle shield, hit 3 on each shoulder – assess for symptoms
(e) straight tackle shield, hit 3 on each shoulder – assess for symptoms

Contact Circuit (need a player as partner):

Ball retrieve and roll Bag



Be tackled Start - 3 Up & Downs

Assess for symptoms after 3 times around the circuit.

Back to curly shield (still with partner) – drive up & drive person back 1 m – 3 on left shoulder and 3 on right shoulder. – assess for symptoms
Also player hold the pad and repeat.

Warm Down to reduce heart rate
Now Repeat the Cognitive and balance tests – assess for consistency