

Guidelines for Returning to Activities After a Concussion

Follow these guidelines after you have been seen for a concussion by a healthcare provider.

Begin with level 1. Do the physical activity that is listed. After you are done with the activity, assess for symptoms on the next page. If you do not have any symptoms, you can move to the next level on the next day.

If you have any of these symptoms as a result of activity, stop any activities for that level for the rest of the day and monitor your symptoms until they are gone. If you do not have any symptoms the next day, try the activity for the highest level you were able to do without symptoms. You must have at least one day at a level of activity without symptoms before you go on to the next level of activity. If symptoms do not go away, call your healthcare provider. **Level 5 activity must have Medical Doctor Clearance.**

Level	Activity	Goal	Functional Exercise	Special Instructions by Health Care Provider Task Completed	Date Completed
1	Physical and cognitive rest.	Recovery	No functional exercise (Daily activities and walking)	<input type="checkbox"/> Additional Recommendations _____	
2	Light aerobic activity	Increase Heart Rate	<u>15-20 minutes</u> , No resistance (Examples: brisk walking, light jog, stationary bike)	<input type="checkbox"/> Additional recommendations: _____ <input type="checkbox"/> Task Completed: _____	
3	Sport-specific exercises (non-contact)	Add movement and duration	<u>30-45 minutes</u> , No weight lifting, No head contact, (Examples: skating in hockey, dribbling in soccer, swimming in pool)	<input type="checkbox"/> Additional recommendations: _____ <input type="checkbox"/> Task Completed: _____	
4	Non-contact practice.	Add coordination and mental tasks	<u>1-2 hours</u> , progression to more complex drills, may start progressive resistance training. (Examples: Do not hit or Red Jersey practice)	<input type="checkbox"/> Additional recommendations: _____ <input type="checkbox"/> Task Completed: _____	
5	Full-contact practice	Add Contact, build confidence, and assess skills	Following MEDICAL DOCTOR CLEARANCE , the athlete may participate in normal training activities; full exertion, full pads and contact.	<input type="checkbox"/> Additional recommendations: _____ <input type="checkbox"/> Task Completed: _____	
6	Return to play	Full activity without restrictions	Competitive game play and tournaments.		