



# FHA Concussion Clinic

## Graded Return to Physical Activity Following a Concussion Swimming Specific Return Protocol

Stage	Objective	
Stage 1 Symptom-Limited Activity	Rest and Recovery	<ul style="list-style-type: none"> <li>As tolerated, may do up to 30 minutes of light aerobic activity and/or stretching each day. Must stop and rest immediately for any increase in symptoms.</li> <li>Otherwise, <b>NO PE, sports or conditioning.</b></li> </ul>
Stage 2 Light Aerobic Activity	Increase Heart Rate 30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> <li>20 Minute Walking at 2.5 mph or Stationary Bike without resistance.</li> <li><b>NO contact, resistance or weight training.</b></li> </ul>
Stage 3 Sport-Specific Exercises	Add Movement 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> <li>15 minute jog at 4.0 mph.</li> <li>2x10 reps body weight lunges.</li> <li>2x10 reps of sit ups.</li> <li>2x10 reps push-ups.</li> <li>Pool Drills: in own land, use kick board with arms stabilized, breaststroke, backstroke for 20-30 minutes. Can dolphin Kick. <b>NO UNDERWATER TURNS OR DIVING!</b></li> </ul>
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> <li>Warm Up Drills.</li> <li>Event specific strokes, utilizing those that turn head side-to-side (freestyle, crawl).</li> <li>May do 10 underwater turns</li> <li>May do 10 starting dived into pool.</li> <li>May do butterfly stroke.</li> <li>Total practice 45-60 minutes.</li> </ul> <p><b>If conditioning, may resume 50% previous weight.</b></p>
Medical Evaluation and Clearance		
Stage 5 Full Contact Practice	Restore Confidence and Assess Functional Skills by Coaching Staff Reach Full Exertion	<ul style="list-style-type: none"> <li>Full practice.</li> </ul> <p><b>If conditioning, may resume 100% previous weight.</b></p>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> <li>Full participation in competition.</li> </ul>