



# FHA Concussion Clinic

## Graded Return to Physical Activity Following a Concussion Baseball & Softball 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>20 minute run at 5-6 mph.</li> <li>2x10 reps lunges.</li> <li>2x10 sit ups.</li> <li>2x10 reps push-ups.</li> <li>Soft toss/catch with a partner x 10 minutes.</li> </ul>
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> <li>20 minute run and 5-6 mph.</li> <li>Agilities including high knees, butt kicks, carioca, tin soldier's 20 yards x 2 each.</li> <li>Soft toss/catch with a partner (not to exceed 60ft) x 10-15 minutes.</li> <li>Hit off tee, short toss hitting/bunting in cages x5 minutes</li> <li>Fielding ground &amp; fly balls x 5 minutes.</li> <li>Burps w/ jump x 10</li> </ul> <p><b><i>If conditioning, may resume 50% previous weight.</i></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 contact practice including live hitting/bunting, fielding live balls and base running</li> </ul> <p><b><i>If conditioning, may resume 100% previous weight.</i></b></p>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> <li>Full contact competition.</li> </ul>