



FHA Concussion Clinic

Graded Return to Physical Activity Following a Concussion Basketball Specific Return Protocol

Stage	Objective	
Stage 1 Symptom-Limited Activity	Rest and Recovery	<ul style="list-style-type: none"> 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. Otherwise, NO PE, sports or conditioning.
Stage 2 Light Aerobic Activity	Increase Heart Rate 30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> 20 Minute Walking at 2.5 mph or Stationary Bike without resistance. NO contact, resistance or weight training.
Stage 3 Sport-Specific Exercises	Add Movement 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> 20 minute run at 5-6 mph. 2x10 reps lunges. 2x10 sit ups. 2x10 reps push-ups. Ball handling skills (1 or 2 balls) down length of court and free throw shooting for total of 10 minutes. Agilities (high knees, butt kicks, carioca, defensive slides, monster walks, tin soldiers) x 10 minutes. NO helmet or equipment. NO head impact activities
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> 20 minute run and 5-6 mph. Sprints at 75% effort for length of court x 3. Sprints at 100% effort for length of court x 3. Defensive slides x length of court into sprint through half court x 5. Ball handling and free through shooting x 5 minutes. Agilities (see stage 3) x 10 minutes. 5 Layups. 5 Reverse Layups or Layups on Opposite Side of Basket. 5-spot shooting x 5 minutes. Defense against a dribbler x 2 lengths of court. Dribble against defense x 1 length of court. Burpees with jump x 10. If conditioning, may resume 50% previous weight.
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"> Full contact practice. If conditioning, may resume 100% previous weight.
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> Full contact competition including game play against opposing teams and full conditioning activities.