



# FHA Concussion Clinic

## Graded Return to Physical Activity Following a Concussion General Fitness Specific Return Protocol

Stage	Objective	Activity
Stage 1	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	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	Reach 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"><li>• 30 minute walk at a brisk pace, jog at a medium pace, ride on a stationary bike with mild resistance or use of elliptical with mild resistance.</li><li>• 1 set x 10 reps push-ups.</li><li>• 2 sets x 10 reps of sit ups.</li><li>• 2 sets x10 reps lunges.</li></ul>
Stage 4	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"><li>• 30 minute walk at a fast pace, jog at a medium pace, ride on a stationary bike with moderate resistance or use of elliptical with moderate resistance.</li><li>• 1 set x 10 reps push-ups.</li><li>• 3 sets x 10 reps of sit ups.</li><li>• 2 sets x10 reps lunges.</li></ul>
Stage 5	Reach Full Exertion	<ul style="list-style-type: none"><li>• 30-45 minute walk at a fast pace, jog at a medium to fast pace, ride on a stationary bike with moderate resistance or use of an elliptical machine with moderate resistance.</li><li>• Light weightlifting acceptable (high repetitions using light weights)</li></ul>
Stage 6	Reach and Maintain Full Exertion	<ul style="list-style-type: none"><li>• Choice of Cardiovascular exercise for 40-45 minutes</li><li>• Choice of weightlifting activity with resumption of normal resistance.</li></ul>