



# FHA Concussion Clinic

## Graded Return to Physical Activity Following a Concussion Hockey 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>• Skating at 75% full speed x 20-30 minutes (alternating going forward and backward in 5-minute increments.)</li> <li>• Add Stick work while skating, both directions x10 minutes.</li> <li>• 2x10 reps lunges.</li> <li>• 2x10 reps of sit ups.</li> <li>• 2x10 reps push-ups.</li> </ul>
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> <li>• Skating x 30 minutes, add stick work for duration of skate. Gradually increase speed (50%, 75%, 100%)</li> <li>• Single person or 1-on-1 drills that incorporate fast changes in direction.</li> <li>• Side-step over sticks then skate forward/accelerate x 10 reps</li> <li>• Cone drills</li> <li>• Total time not to exceed 60 minutes.</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>• Participate in full contact practice.</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 participation in competition.</li> </ul>