



# FHA Concussion Clinic

## Graded Return to Physical Activity Following a Concussion Tennis 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>Serves x 50, deep court groundstrokes &amp; rallying (forehands &amp; backhands) <b>MUST BE ONLY PARTICIPANT ON COURT. NO DOUBLES OR AROUND ANOTHER PLAYER. NO PLAYING AT NET OR VOLLEYING.</b></li> <li>Can participate in agilities, sprints, and shuffles.</li> <li>Total time: 45 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>Serves, volley, groundstrokes, sprints, shuffles, agilities. <b>MUST BE ONLY PARTICIPANT ON COURT. NO DOUBLES OR AROUND ANOTHER PLAYER.</b></li> <li>Total Time: 60 minutes.</li> <li><i>If conditioning, may resume 50% previous weight.</i></li> </ul>
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> <li><i>If conditioning, may resume 100% previous weight.</i></li> </ul>
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>