



FHA Concussion Clinic

Graded Return to Physical Activity Following a Concussion Track & Field/Cross Country 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"> Active dynamic warm-up for 20 minutes: to include lunge walks, butt kicks, skips, high knees, turnovers. <u>Running Events</u>: Run @ 75% normal training speeds for 20-30 minutes specific to event (ie. 22x, 400x, 800x, 1500x). NO BLOCK STARTS OR HURDLES! <u>Field Events</u>: Specific to event x 20-30 minutes. NO FULL BODY ROTATION SPINS HIGH JUMP OR POLE VAULTING!
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Active dynamic warm-up for 20 minutes: to include lunge walks, butt kicks, skips, high knees, turnovers. <u>Running Events</u>: Run @ 100% normal training speeds for 20-30 minutes specific to event (ie. 22x, 400x, 800x, 1500x). Incorporate block starts. NO HURDLES! <u>Field Events</u>: Specific to event x 20-30 minutes. Incorporate full body rotation spins if appropriate. NO HIGH JUMP OR POLE VAULTING! <p><i>If conditioning, may resume 50% previous weight.</i></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"> Full practice. <p><i>If conditioning, may resume 100% previous weight.</i></p>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> Full participation in competition.