



FHA Concussion Clinic

Graded Return to Physical Activity Following a Concussion Volleyball 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 of lunges. 2x10 reps of sit ups. 2x10 reps push-ups. Volleyball specific agitates such as defensive slides, zig-zag pattern running, line jumps/box jumps, etc. x 15minutes. Hitters may hit from set but NO DEFENSIVE DRILLS! NO DIVING AFTER BALLS! May practice serving drills, but NO SERVE/RECEIVE! May practice setting.
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Warm Up & stretch with team. Practice in team drills where players are on one side of net only, limit defensive participation. NO DIVING! (45 minutes) <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"> Participate in full contact 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.