

Graded Return to Physical Activity Following a Concussion Swimming Specific Return Protocol

Stage	Objective	
Stage 1 Symptom-Limited Activity	Rest and Recovery	<ul style="list-style-type: none"> May participate in low intensity physical and cognitive activity limited for symptoms (15-30 minutes of low to moderate aerobic activity daily as tolerated, stopping for any increase in symptoms).
Stage 2 Light Aerobic Activity	Increase Heart Rate 30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> 20 minute walk or stationary bike without resistance.
Stage 3 Sport-Specific Exercises	Add Movement 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> 15 minute jog or stationary bike with resistance. 2x10 reps body weight lunges. 2x10 reps sit ups. 2x10 reps push ups. Pool drills: in own lane, use kick board with arms stabilized, breast stroke, backstroke for 20-30 minutes. Can dolphin kick. NO UNDERWATER TURNS OR DIVING!
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Warm up drills. Event specific strokes, utilizing those that turn head side-to-side (freestyle, crawl). May do 10 underwater turns. May do 10 starting dives into pool. May do butterfly stroke. Total practice 45-60 minutes. <p style="text-align: center;"><i>If conditioning, can resume 50% previous weight.</i></p>
Medical Evaluation		
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 style="text-align: center;"><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.