

## 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>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).</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> </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 x 10 minutes.</li> <li>2x10 lunges.</li> <li>2x10 sit ups.</li> <li>2x10 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 style="text-align: center;"><b><i>If conditioning, can resume 50% previous weight.</i></b></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"> <li>Participate in full-contact practice.</li> </ul> <p style="text-align: center;"><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>