

Graded Return to Physical Activity Following a Concussion Dance 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).
Medical Evaluation		
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.
Stage 3 Sport-Specific Exercises	Add Movement 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> Warm-up & stretch. 30 minutes of continuous dance. May add jumping in place and slow head movements. Core/abdominal strengthening activities as tolerated.
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Warm-up & stretch. 45-60 minutes of continuous dance. May add jumps/leaps in combination across floor, incorporate quick, repetitious head movements. Turning/spotting exercise 2 x 15 running right & left. <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"> Warm-up & stretch, full class/rehearsal. May add any tumbling. <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/performance/class.