

Graded Return to Physical Activity Following a Concussion **General Fitness** Specific Return Protocol

Stage	Objective	Activity
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 to 30-40% of Maximum Heart Rate	<ul style="list-style-type: none"> • 20 minute walk at a medium pace or riding a stationary bike without resistance.
Stage 3 Sport-Specific Activity	Reach 60-80% of Maximum Heart Rate	<ul style="list-style-type: none"> • 30 minute walk at a brisk pace, jogging at a medium pace, ride on a stationary bike with mild resistance or use of an elliptical machine with mild resistance. • 1 set x 10 push ups. • 2 sets x 10 sit ups. • 2 sets x 10 lunges.
Stage 4 Non-Contact Activity	Reach 80% of Maximum Heart Rate	<ul style="list-style-type: none"> • 30 minute walk at a fast pace, jog at a medium pace, ride on stationary bike with moderate resistance or use of elliptical with moderate resistance. • 1 set x 10 push ups • 3 sets x 10 sit ups. • 2 sets x 10 lunges.
Stage 5 Full-Contact Activity	Reach Full Exertion	<ul style="list-style-type: none"> • 30-45 walk at a fast pace, jog at a medium to fast pace, ride on stationary bike with moderate resistance or use of an elliptical machine with moderate resistance. • Light weightlifting acceptable (high repetitions using light weights).
Stage 6 Unrestricted Release	Reach and Maintain Full Exertion	<ul style="list-style-type: none"> • Choice of cardiovascular exercise for 40-45 minutes. • Choice of weightlifting activity with resumption of normal resistance.