

Graded Return to Physical Activity Following a Concussion Tennis 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"> Serves x 50, deep court groundstrokes & rallying (forehands and backhands). MUST BE ONLY PARTICIPANT ON COURT. NO DOUBLES OR AROUND ANOTHER PLAYER. NO PLAYING AT NET OR VOLLEYING. Can also participate in agilities, sprints and shuffles. Total time: 45 minutes.
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Serves, volley, groundstrokes, sprints, shuffles, agilities. MUST BE ONLY PARTICIPANT ON COURT. NO DOUBLES OR AROUND ANOTHER PLAYER. Total time: 60 minutes <i>If conditioning, can resume 50% previous weight.</i>
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. <i>If conditioning, may resume 100% previous weight.</i>
Stage 6 Full Return to Play	Full Return to Physical Activity and Competition	<ul style="list-style-type: none"> Full participation in competition.