

## Graded Return to Physical Activity Following a Concussion Martial Arts 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>20-30 minute run at 5-6 mph.</li> <li>2x10 lunges.</li> <li>2x10 sit ups.</li> <li>2x10 push ups.</li> <li>Practice skills/techniques on own x 15 minutes.</li> </ul>
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load  80% Maximum Heart Rate	<ul style="list-style-type: none"> <li>Warm up with team/classmates x 10-20 minutes.</li> <li>Practice x 45 minutes without touching another person.</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>