

Graded Return to Physical Activity Following a Concussion Track & Field/Cross Country 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"> Active dynamic warm-up for 20 minutes: to include lunge walks, butt kicks, skips, high knees, turn overs. <u>Running Events</u>: Run at 75% normal training speeds for 20-30 minutes specific to event (ie. 200x, 400x, 800x, 1500x). NO BLOCK STARTS OR HURDLES! <u>Field Events</u>: Specific to event x 20-30 minutes. NO FULL BODY ROTATION SPINS HIGH JUMP OR POLE VAULTING!
Stage 4 Non-Contact Training Drills	Exercise, Coordination and Cognitive Load 80% Maximum Heart Rate	<ul style="list-style-type: none"> Active dynamic warm-up for 20 minutes: to include lunge walks, butt kicks, skips, high knees, turn overs. <u>Running Events</u>: Run at 100% normal training speeds for 20-30 minutes specific to event (ie. 200x, 400x, 800x, 1500x). Incorporate block starts. NO HURDLES! <u>Field Events</u>: Specific to event for 20-30 minutes. Incorporate full body rotation spins if appropriate. NO HIGH JUMPING OR POLE VAULTING! <ul style="list-style-type: none"> <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.

