

The following are gradual steps that you, along with the guidance of a health care provider, can follow to safely return to play or exercise following a mild traumatic brain injury (mTBI) or concussion. These steps can be used whether you are an athlete returning to your sport or if you are returning to a regular fitness routine:

- No activity
  - Only for the first day or two
  - Complete mental and physical rest
  - Daily activities are okay if they do not cause symptoms
  - Goal: recovery*
- Light aerobic exercise
  - Includes walking, light jogging, and stationary bike
  - 15-20 minutes at a time
  - 30-40% maximum heartrate (HR)
  - Goal: increase HR*
- Moderate Levels of Exertion
  - Includes jogging, short running intervals, moderate intensity on a stationary bike or elliptical, moderate intensity weight training
  - 20-40 minutes at a time
  - 40-60% max HR
  - Goal: increase stamina and increase how much you are moving*
- Sport Specific Exercise
  - Lower intensity of sport-specific running as well as full load weight training
  - 60-80% max HR
  - No contact permitted on sport-specific drills
  - Goal: add coordination, sport-specific drills that require more thinking and reaction time*
- Non-contact training Drills
  - Combine movement and strategy with sport-specific drills
  - No contact permitted – attempting full-speed tasks in a controlled environment
  - Goal: full-speed activities (examples: running and more complex sport-specific drills)
  - Need to obtain medical clearance to progress to this level by law
  - Participate in normal training activities
  - Goal: increase confidence; training, coaching staff to assess functional skills*
- Full contact practice
  - Need to obtain medical clearance to progress to this level by law
  - Participate in normal training activities (limit heading balls in drills)
  - 80-100% max HR
  - Goal: increase confidence; training, coaching staff to assess functional skills*
- Full clearance
  - Healthcare team will continue to monitor and reassess



If symptoms come back or you experience new symptoms, stop those activities and return to a lower stage. Then contact your health care provider for guidance.

### Additional Comments:

### References:

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