

Concussion Return to Play Guideline

Physical Activity Examples



Walking



Stationary Bike



Stretching

Level I—Light aerobic activity: 10-15 minutes of walking, stationary biking or stretching.
Objective/goal: increase heart rate to 50% of perceived max exertion.



Running



Stationary Bike



Squats



Planks



Push Ups



Sit Ups

Level II—Moderate aerobic activity (light resistance training): 20-30 minutes jogging or stationary biking; body-weight exercises (squats, planks, push-ups), maximum 1 set of 10, no more than 10 minutes total. **Objective/goal:** increase heart rate to 50%-75% of perceived max exertion.



Treadmill



Stationary Bike



Weightlifting

Level III—Strenuous aerobic activity (moderate resistance training): 30-45 minutes running or stationary biking; weightlifting no more than 50 percent of previous maximum weight lifting limit.
Objective/goal: increase heart rate to greater than 75% of perceived max exertion.



Cutting



Jump Rope



Sprinting



Shooting Basketball



Throwing Football

Level IV—Non-contact training with sport-specific drills (no restrictions for weightlifting): Non-contact training with sport-specific drills (no restrictions for weightlifting): Non-contact drills, sport-specific activities (cutting, jumping, sprinting); no contact with people, padding or floor/mat.
Objective/goal: total body movement.

DO NOT advance beyond Level IV until cleared by a physician.