

## Return to Play Progression Post Concussion

Exercise Step	Example Activities	Activity Time	Goal of Each Step
No activity	Complete physical and cognitive rest for 24-48hours		
Nonaerobic activity	Normal daily activities that do not provoke symptoms	—	Reintegrate into work and school activities
Light aerobic activity	Exercise bike, walking, light jogging at a slow pace (no weight lifting, jumping, or running)	5-10 min	Light activities leading to a mild increase in heart rate
Moderate activity	Jogging, brief running, moderate-intensity stationary biking, light resistance activities	Reduced from normal routine	Limited body and head movement
Heavy, non contact activity	Running, noncontact drills, weight lifting, stationary biking	At or near normal routine	Intense activity without contact. Cognitive activity during exercise can be added
Full contact	Normal full-contact physical activities	Normal routine	Return to full-contact activities
Competitive activities	Return to full competitive activities	Normal routine	No further restrictions in activity

The table is adapted from the CDC and Prevention Heads Up guidelines and the Child Sport Concussion Assessment Tool for returning to play. Each step should take a minimum of 24 hours. During the above progression, the child, family and health-care provider should pay special attention to any new or worsening symptoms. If any symptoms worsen while exercising, the child should return to the previous step.