

RETURN TO PLAY PROGRESSIVE EXERCISE PLAN

No athletes should return to contact competitive sports until they are symptom free, both at rest and with exercise and have normal neuro-cognitive testing.

When they have no headaches or other concussion symptoms and neuro-cognitive testing is normal (**IMPACT**) athletes can begin the concussion graduated return-to-play exercise program that was recommended at the Prague Concussion Conference:

DAY 1: Walking for 20-30 minutes at a rate of 2-½ miles per hour, target heart rate approximately 40% maximum

Date _____ Initials _____

DAY 2: Jogging for 20-30 minutes target heart rate 40-60% maximum

Date _____ Initials _____

DAY 3: Running for 20-30 minutes and agility drills target heart rate 60-80% maximum

Date _____ Initials _____

DAY 4: Performing sports specific practice drills target heart rate 80-90% maximum

Date _____ Initials _____

DAY 5: Maximal exertion - Return to contact sports **if no symptoms with exertion/exercise program**

Date _____ Initials _____

If headaches or other symptoms occur, during any step, the activity needs to be stopped. The athlete should then wait 24 hours and start at the previous level again.

If concussion symptoms return at any time during the progressive exercise plan, the athlete must stop until he/she is symptom free for 48 hours.

If the athlete completes the four-day progressive exercise plan symptom-free, they are cleared to return to play with no restrictions.