

Concussion Return to Play Protocol

Physical Activity Examples

STAGE II-A Light aerobic activity: 10-15 minutes of walking or stationary biking



Walking



Stationary biking



Team warm-up

STAGE II-B 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



Jogging



Stationary biking



Squats



Planks



Push-ups



Swimming

STAGE II-C 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



Running



Stationary biking



Weightlifting

STAGE II-D 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



Cutting



Jumping



Sprinting



Shooting basketball



Throwing football

DO NOT advance beyond level II-D until cleared by a physician.

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