### CONCUSSION RETURN TO PLAY PROGRESSIONS

<table>
<thead>
<tr>
<th>STAGE 1</th>
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<tbody>
<tr>
<td><strong>Recommendations:</strong></td>
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<tr>
<td>Exercise in Quiet Area (ATR, PT Clinic)</td>
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<tr>
<td>No Impact Activities</td>
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<tr>
<td>Balance &amp; Vestibular Treatment (PRN)</td>
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<tr>
<td>Limit Head Movements &amp; Position Changes</td>
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<tr>
<td>Limit Concentration Activities</td>
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<tr>
<td><strong>Activity:</strong></td>
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<tr>
<td>Light Aerobic Conditioning (Stationary/Recumbent Bike)</td>
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<tr>
<td>Balance Activities (BAPS Board, Foam Pad, Mini Trampoline, etc.)</td>
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<tr>
<td>Exercises that Limit Head Movements (weight machines, squats/lunges, etc.)</td>
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<tr>
<td>Core Exercises With No Head Movements (Planks, Leg Lifts, Stability Work, etc.)</td>
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<th>STAGE 2</th>
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<tr>
<td><strong>Recommendations:</strong></td>
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<tr>
<td>Exercise in Gym Area (Weight Room, Gym)</td>
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<tr>
<td>Use Various Equipment</td>
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<tr>
<td>Allow Positional Changes &amp; Head Movement</td>
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<tr>
<td>Low Level Concentration Activities (Counting, Repetitions, Recall Plays/Formations/Game Plan, etc.)</td>
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<tr>
<td><strong>Activity:</strong></td>
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<tr>
<td>Light to Moderate Aerobic Conditioning (Bike, Elliptical, increased time &amp; intensity)</td>
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<tr>
<td>Balance Activities With Head Movements (Add Ball Toss, weight pickups, etc)</td>
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<tr>
<td>Resistance Exercises with Head Movements (Rotating Lunges, Medicine Ball Work, etc)</td>
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<tr>
<td>Low Intensity Sport Specific Activities</td>
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<tr>
<td>Core Exercises with Head Movements</td>
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<th>STAGE 3</th>
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<tbody>
<tr>
<td><strong>Recommendations:</strong></td>
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<tr>
<td>Exercise in Any Environment</td>
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<tr>
<td>Strength Conditioning</td>
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<tr>
<td>Increased Balance &amp; Proprioceptive Work</td>
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<tr>
<td>Concentration Challenges</td>
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<td><strong>Activity:</strong></td>
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<tr>
<td>Moderately Aggressive Aerobic Exercises (Running, Plyometrics, Stair Running, etc)</td>
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<tr>
<td>All Forms of Strength Exercises (Normal Lifting)</td>
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<tr>
<td>Dynamic Warm Ups</td>
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<tr>
<td>Impact Activities (Running, Jumping, Plyometrics)</td>
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<tr>
<td>Challenge Positional Changes (Burpees, Mountain Climbers, etc)</td>
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<tr>
<td>More Aggressive Sport Specific Activities</td>
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**STAGE 4 (NO CONTACT PRACTICE)**

| **Recommendations:** |
| Avoid Contact Activity |
| Resume Aggressive Training in All Environments |
| **Activity:** |
| Max-Exertion Sport Specific Activities |
| No Contact |

**STAGE 5 (FULL PRACTICE WITH CONTACT)**

| **Recommendations:** |
| Initiate Contact and Full Exertion Activities as Sport Indicates |
| **Activity:** |
| Full Physical Training Activities with Contact |

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