Cincinnati Children's
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Head Injury Center - 513-803-HEAD (4323)

Sports Medicine Department - 513-636-4366

Recommended steps for return to physical activity after concussion

	ACTIVITY	SPORTS	CHILD SPECIFIC	GOALS
0	No physical activity if symptoms exist (this stage may take days or weeks).	Complete physical rest.	Complete physical rest.	Symptom Free Recovery
1	Light aerobic activity	10-15 minutes of exercise (walking, swimming, stationary bike). No weight lifting.	Independent quiet play or with a parent.	Slightly increase breathing rate.
2	Progress aerobic activity & sport-specific exercise.	20-30 minutes of low risk activity: running drills, swimming drills.	Supervised play. Low-risk activities such as dribbling a ball or playing catch.	Increase breathing rate. Increase attention and coordination.
3	Non-contact training drills. May start progressive weight training.	Progress to more complex training drills. Participate in a full practice **avoid contact**; run/jump as tolerated.	Play freely avoiding any contact. Run and jump as able.	Mimic the sport or free play without risk of head injury.

GET HEALTH CARE PROVIDER'S CLEARANCE/APPROVAL BEFORE MOVING ON TO STEPS 4 & 5

4	Full contact activities **except** game play.	Participate in a full practice, including contact. No game play.	Normal activity with adult supervision. Full return to physical education.	Build Confidence. Assess skills.
5	Return to normal game play.	Return to normal game play.	Return to normal activities.	No Restrictions.

These are the 5 steps your child should complete when returning to physical activity. Your child should be symptom-free for at lease 24 hours before beginning the return to physical activity progression.

For questions or concerns please call: _____