

Recommendations for Return to Physical Activity After a Concussion

After a concussion, mild traumatic brain injury (mTBI), or closed head injury, your child should be symptom-free for at least 24 hours before beginning the return to physical activity progression. Once your child is symptoms free, begin Step 1. Only one step should be completed every 24 hours. Your child should not have any symptoms during or after each step. If symptoms reappear, your child should **STOP**, rest for 24 hours, and then attempt the same step the following day. If you have any questions or concerns, call the Head Injury Clinic at 513-803-HEAD (4323).

Steps to Returning to Physical Activities	Activities Allowed	Examples of other activities	Examples of sports I.e. football, soccer, swimming, etc.	Goals
Step 1:	-Light aerobic activity.	-Walk or jog at the park or around the neighborhood.	-Bike for 15-20 minutes.	-Slightly increase breathing rate. -Light sweat on brow.
Step 2:	-Moderate aerobic activity. -Light resistance training.	-Supervised play by an adult. -Low-risk activities such as dribbling a ball or playing catch.	-Run for 20-30 minutes. -1 set of 10 repetitions at low weight for a few, simple weight lifting exercises.	-Increase breathing rate. -Use eyes to track objects and add simple repetitive movements.
Step 3:	-Intense aerobic activity. -Moderate resistance training.	-Supervised play by an adult. -Moderate-risk activities such as balance or agility drills.	-Participate in agility drills with some back-and-forth, up-and-down movement. -Increase weight lifting exercises to 3 sets of 10 repetitions and increase weight load.	-Increase breathing and sweat rates.
Step 4:	-Controlled training drills.	-Supervised play by an adult. -Play freely but must avoid any contact. -Run and jump as able.	-Participate in a full practice but must avoid any contact.	-Can sweat and breathe heavy. -Participate in activities without the risk of head injury.
Obtain doctor's clearance and approval before moving onto Steps 5 and 6.				
Step 5:	-Full contact activities.	-With parent or adult supervision, may take part in normal activities. -Full return to physical education.	-Participate in a full practice , including contact.	-Build confidence. -Assess skills.
Step 6:	-Return to play.	-Normal playtime and activities.	-Compete in games and practices without restrictions.	-Return to play without restrictions.