



Post Concussion rehab protocol

Graded sub-symptom exercise

GOAL:

- Exercise below onset of concussion symptoms
- Retrain the brain's blood flow to adjust to exercise

TIPS:

- If at any time an athlete develops worsening symptoms during a step, then stop and return to the previous step
- Wear a HR monitor during exercise (if possible)
- Exercise should be done about 3 times per week
- An athlete should not return to play until asymptomatic AND cleared by a physician (or qualified health care professional)

PROTOCOL:

Step 1: 40-50% max HR on stationary bike or treadmill x 10-15 minutes

Step 2: 40-50 % max HR on stationary bike or treadmill x 20-30 minutes

Step 3: 50-70% max HR on stationary bike or treadmill x 20-30 minutes

Step 4: 70-80% max HR on stationary bike or treadmill x 20-30 minutes

Step 5:

- Up to 100% max HR (full exertion) on stationary bike or treadmill (short bursts)
- Sport specific drills (non contact)
- Resistance training

Step 6:

Return to contact drills

