

MY PHYSICAL ACTIVITY LOG

Day	Activities	Length of Time	How did you feel? Any symptoms
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Talk to your Concussion Clinic care team for guidance on Return to Play. A strong fitness program includes aerobic activity, a strength component and a flexibility/ stretching routine. Recovery is a good time to work on skills that can benefit you in recovery and beyond. Strengthen up your core, work on balance or improve flexibility. Need some ideas during your recovery? Talk to our clinic, your physical therapist, and your coach for guidance.

Download the following FREE Smart Phone apps for ideas:

- KP Everybody Walk
- Nike Training Club APP
- The 7 Minute Workout (Wahoo Fitness) Free Daily Fitness Routines

Return to Play/ Physical Activity recommendations

Stage	Activities	Exercise Examples	Goal of Activity Stage
I	No physical activity for at least 2 full symptom-free days AFTER you have seen a physician -No activities requiring exertion (weight lifting, jogging, P.E. Classes)	<ul style="list-style-type: none"> • Short walks around the house • Light stretching 	<ul style="list-style-type: none"> • Recovery and elimination of symptoms
II-A	Light aerobic activity Must be performed under direct supervision by designated individual	<ul style="list-style-type: none"> • 10-15 min walking on treadmill or in quiet area • 10-15 min Stationary biking or elliptical • House work , water plants • Light stretching • Gentle restorative yoga 	<ul style="list-style-type: none"> • Increase heart rate to no more than 50% of perceived maximum (max) exertion (e.g., < 100 beats per min) • Monitor for symptom return
II-B	Moderate aerobic activity (Light resistance training)	<ul style="list-style-type: none"> • 20-30 min walking or jogging • 20-30 min stationary biking, elliptical , swim • Dance, Zumba, golf, bowling, fishing, Wii/ Xbox Kinect (if no symptoms provoked) • Yard work, gardening, housework- rake leaves, vacuum, sweep, water plants • Body weight exercises: squats, lunges, push-ups. Max 1 set of 10, no more than 10 min total • Core work- sit ups, planks • Yoga or stretching exercises 	<ul style="list-style-type: none"> • Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) • Monitor for symptom return
II-C	Strenuous aerobic activity (Moderate resistance training)	<ul style="list-style-type: none"> • 30-45 min running • Light hiking or stair climb • 30-45 min stationary biking, elliptical, swim • Weight lifting ≤ 50% of max weight • Increase body weight exercises to max 2 sets of 10 • Core work- Work on increasing number of reps or total time 	<ul style="list-style-type: none"> • Increase heart rate to > 75% max exertion • Monitor for symptom return

Return to Sport for Athletes

II-D	Non-contact training with sport-specific drills (No restrictions for weightlifting)	<ul style="list-style-type: none"> • Non-contact drills, sport-specific activities (cutting, jumping, sprinting) • No contact with people, padding or the floor/mat 	<ul style="list-style-type: none"> • Add total body movement • Monitor for symptom return
III	Limited contact practice	<ul style="list-style-type: none"> • Controlled contact drills allowed (no scrimmaging) 	<ul style="list-style-type: none"> • Increase acceleration, deceleration and rotational forces • Restore confidence, assess readiness for return to play • Monitor for symptom return
	Full contact practice Full unrestricted practice	<ul style="list-style-type: none"> • Return to normal training, with contact • Return to normal unrestricted training 	
IV	Return to play (competition)	<ul style="list-style-type: none"> • Normal game play (competitive event) 	<ul style="list-style-type: none"> • Return to full sport activity without restriction