

# Concussion Return to Play Protocol

## Physical Activity Examples

**STAGE II-A** Light aerobic activity: 10-15 minutes of walking or stationary biking



Walking



Stationary biking



Team warm-up

**STAGE II-B** Moderate aerobic activity (light resistance training): 20-30 minutes jogging or stationary biking; body-weight exercises (squats, planks, push-ups), maximum 1 set of 10, no more than 10 minutes total



Jogging



Stationary biking



Squats



Planks



Push-ups



Swimming

**STAGE II-C** Strenuous aerobic activity (moderate resistance training): 30-45 minutes running or stationary biking; weightlifting no more than 50 percent of previous maximum weight lifting limit



Running



Stationary biking



Weightlifting

**STAGE II-D** Non-contact training with sport-specific drills (no restrictions for weightlifting): Non-contact drills, sport-specific activities (cutting, jumping, sprinting); no contact with people, padding or floor/mat



Cutting



Jumping



Sprinting



Shooting basketball



Throwing football

**DO NOT advance beyond level II-D until cleared by a physician.**

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