Baylor Scott & White Family Medicine Keller Concussion Program

Patient Name: _____ Date of Evaluation: _____

The athlete named above has suffered a concussion, and may not return to ANY contact sport activity (practice, games, contact drills) until cleared by this clinic. Please see below for permitted levels of exertion:

_____No physical exertion until next clinic visit.

_____ Only _____ physical exertion until next clinic visit.

_____No physical exertion until symptom-free for __ days.
___When symptom-free at rest for ___ days, begin light non-contact exertion for __ days.
___When symptom-free with ___days of light non-contact exertion, complete__days of moderate non-contact exertion.
___When symptom-free with ___ days of moderate exertion, complete __ days of heavy non-contact exertion.

____ Please call the office at 817-432-3681 to schedule an appointment when symptom-free with _____ levels of exertion or return to clinic _____.

**CAUTION: If the athlete experiences a recurrence of *ANY* post-concussion symptoms during or after exerting, he or she should cease activity immediately and rest. He or she may resume activity at a *lower* level the following day if symptom-free, beginning the progression again.

Examples of Exertional Levels

Light levels: walking, light jogging, light stationary biking, light weightlifting (lower weight, higher reps, no bench, no squat).

Moderate levels: moderate jogging/brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine), moderate-intensity swimming.

Heavy Levels: sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement), high-intensity swimming.

ADDITIONAL INSTRUCTIONS:

Signature: _____ Date: _____

Jason F. Wander, DO, Primary Care Physician, Certified Impact Consultant

Baylor Scott & White Family Medicine Keller - Clinic Number: 817.912.8150

Phase 1	
Target HR	30-40% of maximum exertion
Recommendations:	10-15 minutes of cardiovascular exercise, low stimulus environment No impact/contact activities Balance and vestibular treatment Limit head movement/position change Limit concentration activities
Activity:	Very light aerobic conditioning Sub-max strengthening ROM/stretching Very low level balance activity
Phase 2	
Target HR	40-60% maximum exertion
Recommendations:	20-30 minutes of cardio exercise Exercise in gym areas Use various exercise equipment Allow some positional changes and head movement Low level concentration activities
Activity:	Moderate aerobic conditioning Light weight strengthening exercises Stretching (active stretching initiated Lower level balance activity
Phase 3	
Target HR	50-80% maximum exertion
Recommendations:	Any environment is OK for exercise (indoor or outdoor) Integrate strength, conditioning, and balance/proprioception exercises Incorporate concentration challenges
Activity:	Moderately aggressive aerobic conditioning All forms of strength exercises (80%max) Active stretching exercises Impact activities, running, plyometrics Challenging proprioceptive/balance activities
Phase 4: Sport Performance Training	
Target HR	**Contact sport** – Full exertion in non-contact practice. **Non-contact sport** – Full exertion
Recommendations:	Continue to avoid contact activity Resume aggressive training in all environments
Activity:	Non-contact physical training Aggressive strength exercises Impact activities/plyometrics Sports-specific training activities
Phase 5: Sports Performance Training	
Target HR:	Full exertion
Recommendations:	Initiate contact activities as appropriate sport activity Full exertion for sport
Activity:	Resume full physical training with contact Continue aggressive strength/conditioning exercise Sport specific activities

If athlete becomes symptomatic during the progression, the athlete is to discontinue the progression and remain asymptomatic at rest for 48 hours. Upon completion of 48 hours asymptomatic at rest, the athlete is to return the phase prior to when symptoms arose