

# Concussion Symptoms: Return-to-Activities

**Evidence shows the likelihood of recovering from a concussion without lingering symptoms is high, but if symptoms continue please seek medical care.**

## **Return-to-Activities:**

- Relative physical and cognitive rest for the first 24-48 hours.
  - Strict rest, such as lying in a dark room and avoiding stimuli has result in slower symptom resolution.
- Avoid returning to medium or high intensity exercise within 7-10 days due to high risk of repeat concussion.
- There is an association between early physical activity and reduced length of concussion rehabilitation.

## **Stage 1: "Symptom-Limited Activity"**

-Reintroducing daily activities that do not increase concussion symptoms

## **Stage 2: "Light Aerobic Exercise"**

-Non-contact cardiovascular activity like walking or cycling at low to medium intensity. The goal is to slowly increase your heart rate in gradual manner to see how symptoms respond to the intensity and duration

## **Stage 3: "Activity Specific"**

-Start to perform different movements of the activity in the medium to high heart rate to see how symptoms respond to the intensity and duration

## **Stage 4: "Training Specific"**

-Performing parts or training drills of the activity to see how symptoms respond to the intensity and duration

## **ANPT Concussion/mTBI Knowledge Translation Task force**

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## **References**



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## Stage 1: *Symptom - Limited Activity*



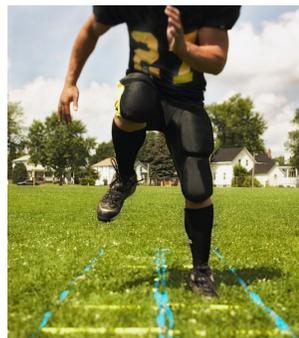
## Stage 2: *Light Aerobic Exercise*



## Stage 3: *Activity Specific*



## Stage 4: *Training Specific*



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## **References**

