

Return to physical activity after a concussion

Swimming

Stage	Activity	Swimming exercises	Goal
1	<ul style="list-style-type: none"> Rest 	<ul style="list-style-type: none"> Rest other than everyday walking 	<ul style="list-style-type: none"> Promote recovery shortly after injury
2	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 20 minutes of activity 1 time a day; Choose 1 of these, not both: <ul style="list-style-type: none"> Water <ul style="list-style-type: none"> Kicking with a kickboard 55 to 65 percent of max heart rate for age Land <ul style="list-style-type: none"> Use bike or elliptical 55 to 65 percent of max heart rate for age Avoid treadmill May use fins as needed 	<ul style="list-style-type: none"> Add light aerobic activity Watch if symptoms return
3	<ul style="list-style-type: none"> Moderate aerobic activity Light resistance training 	<ul style="list-style-type: none"> 30 minutes in water 1 time a day: <ul style="list-style-type: none"> Add limited head movement 65 to 70 percent of max heart rate for age All 4 strokes Open turns only May use fins as needed 	<ul style="list-style-type: none"> Increase aerobic activity Watch if symptoms return
4	<ul style="list-style-type: none"> High intensity activity Limited practice 	<ul style="list-style-type: none"> 30 minutes in water 1 to 2 times a day: <ul style="list-style-type: none"> More complex interval training All 4 strokes 70 to 80 percent max heart rate for age Open turns only Land activity 1 time a day: <ul style="list-style-type: none"> Add 15 minutes of simple dryland activity (circuit of sit-ups, push-ups, squats, pull-ups, bounding and medicine ball throws) 	<ul style="list-style-type: none"> Maximize aerobic activity Start using different head positions Watch if symptoms return
5	<ul style="list-style-type: none"> High intensity activity Limited practice 	<ul style="list-style-type: none"> 60 minutes in water 1 to 2 times a day: <ul style="list-style-type: none"> Keep doing interval training All 4 strokes 70 to 80 percent max heart rate for age Land activity 1 time a day: <ul style="list-style-type: none"> Add 15 minutes of simple dryland activity (circuit of sit-ups, push-ups, squats, pull-ups, bounding and medicine ball throws) May start normal weight training 	<ul style="list-style-type: none"> Maximize aerobic activity Add high intensity strength training Maximize acceleration/ deceleration forces Watch if symptoms return

Return to physical activity after a concussion

Swimming

Stage	Activity	Swimming exercises	Goal
6	<ul style="list-style-type: none">Full practice (after cleared by a provider)	<ul style="list-style-type: none">Normal training activitiesStart doing flip turns and starts off blocks	<ul style="list-style-type: none">Frequent assessments during practiceWatch if symptoms return
7	<ul style="list-style-type: none">Return to competition	<ul style="list-style-type: none">Normal meet competition	<ul style="list-style-type: none">Return to normal competition

Other guidelines:

If possible, a school athletic trainer or responsible adult should monitor the student as they move through each stage.

The student:

- May start Stage 2 when symptoms are improving and they can tolerate partial school days.
- May start Stage 3 when they can tolerate full school days with NO concussion symptoms.
- May move to next stage every 24 hours as long as symptoms do not return DURING or AFTER work out.
- May NOT move to Stage 6 without written clearance from a medical provider.
- Should return to their provider if they have trouble completing these stages without symptoms.

