

# Return to physical activity after a concussion

## Basketball

| Stage | Activity                                                                                                             | Basketball exercises                                                                                                                                                                                                                                                                            | Goal                                                                                                                                                                                                                          |
|-------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1     | <ul style="list-style-type: none"> <li>Rest</li> </ul>                                                               | <ul style="list-style-type: none"> <li>Rest other than everyday walking</li> </ul>                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>Promote recovery shortly after injury</li> </ul>                                                                                                                                       |
| 2     | <ul style="list-style-type: none"> <li>Light aerobic activity</li> </ul>                                             | <ul style="list-style-type: none"> <li>10 to 15 minutes of walking or stationary bike</li> </ul>                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>Add light aerobic activity</li> <li>Watch if symptoms return</li> </ul>                                                                                                                |
| 3     | <ul style="list-style-type: none"> <li>Moderate aerobic activity</li> <li>Light resistance training</li> </ul>       | <ul style="list-style-type: none"> <li>20 to 30 minutes of jogging</li> <li>Light weight lifting (1 set of 10 reps)</li> </ul>                                                                                                                                                                  | <ul style="list-style-type: none"> <li>Increase aerobic activity</li> <li>Watch if symptoms return</li> </ul>                                                                                                                 |
| 4     | <ul style="list-style-type: none"> <li>High intensity activity</li> <li>Non-contact basketball drills</li> </ul>     | <ul style="list-style-type: none"> <li>Sprints and agility drills</li> <li>Passing, dribbling, stationary shooting (progress to jump shots), individual post moves and solo rebounding</li> <li>Tip drill, lay-up drill, 3 man weave, defensive slides, suicides and shadowing plays</li> </ul> | <ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Accelerate to full speed with change of directions (cuts)</li> <li>Start rotational head movements</li> <li>Watch if symptoms return</li> </ul>     |
| 5     | <ul style="list-style-type: none"> <li>High intensity activity</li> <li>Limited contact basketball drills</li> </ul> | <ul style="list-style-type: none"> <li>Sprints, agility drills and normal weight training</li> <li>Post moves and boxing out/rebounding drills</li> <li>No scrimmages</li> </ul>                                                                                                                | <ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Add high intensity strength training</li> <li>Add deceleration/rotational forces in controlled setting</li> <li>Watch if symptoms return</li> </ul> |
| 6     | <ul style="list-style-type: none"> <li>Full practice (after cleared by a provider)</li> </ul>                        | <ul style="list-style-type: none"> <li>Normal training activities</li> <li>Normal scrimmages</li> </ul>                                                                                                                                                                                         | <ul style="list-style-type: none"> <li>Frequent assessments during practice</li> <li>Watch if symptoms return</li> </ul>                                                                                                      |
| 7     | <ul style="list-style-type: none"> <li>Return to play</li> </ul>                                                     | <ul style="list-style-type: none"> <li>Normal game play</li> </ul>                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>Return to normal game play</li> </ul>                                                                                                                                                  |

### 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.

