

Return to physical activity after a concussion

Swimming

Stage	Activity	Swimming exercises	Goal
1	Rest	Rest other than everyday walking	Promote recovery shortly after injury
2	Light aerobic activity	20 minutes of activity 1 time a day; Choose 1 of these, not both: - Water - Kicking with a kickboard 55 to 65 percent of max heart rate for age - Land - Use bike or elliptical 55 to 65 percent of max heart rate for age - Avoid treadmill - May use fins as needed	- Add light aerobic activity - Watch if symptoms return
3	- Moderate aerobic activity - Light resistance training	30 minutes in water 1 time a day: - 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	- Increase aerobic activity - Watch if symptoms return
4	- High intensity activity - Limited practice	30 minutes in water 1 to 2 times a day: - 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: - Add 15 minutes of simple dryland activity (circuit of sit-ups, push-ups, squats, pull-ups, bounding and medicine ball throws)	- Maximize aerobic activity - Start using different head positions - Watch if symptoms return
5	- High intensity activity - Limited practice	60 minutes in water 1 to 2 times a day: - Keep doing interval training - All 4 strokes 70 to 80 percent max heart rate for age - Land activity 1 time a day: - 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	- Maximize aerobic activity - Add high intensity strength training - Maximize acceleration/ deceleration forces - Watch if symptoms return

This is general information and is not specific medical advice. Always consult with a doctor or healthcare provider if you have any questions or concerns about the health of a child. In case of an urgent concern or emergency, call 911 or go to the nearest emergency department.

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Stage	Activity	Swimming exercises	Goal
6	Full practice (after cleared by a provider)	- Normal training activities - Start doing flip turns and starts off blocks	- Frequent assessments during practice - Watch if symptoms return
7	Return to competition	Normal meet competition	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.

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