

Return to physical activity following concussion

Ice hockey

Stage	Activity	Ice hockey-specific exercise	Objective of the stage
1	<ul style="list-style-type: none"> No physical activity Complete physical and cognitive rest 	<ul style="list-style-type: none"> No activity 	<ul style="list-style-type: none"> Recovery and elimination of symptoms
2	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 10 to 15 minutes of walking at home or at field, or stationary bike 	<ul style="list-style-type: none"> Add light aerobic activity and monitor for symptom return
3	<ul style="list-style-type: none"> Moderate aerobic activity Light resistance training 	<ul style="list-style-type: none"> 20 to 30 minutes of skating with helmet and gloves Light weight lifting (one set of 10 reps) 	<ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return
4	<ul style="list-style-type: none"> Noncontact ice hockey-specific drills 	<ul style="list-style-type: none"> Skating backward and (all ages) laterally (8 and over), skating with the puck, stick handling, face off, passing, shooting, shadow positioning, goal keeper positioning 	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of directions (cuts) Introduce rotational head movements Monitor for symptoms
5	<ul style="list-style-type: none"> Limited contact ice hockey drills 	<ul style="list-style-type: none"> Checking against pad (10 and over); progress to back in and cut off drill, curls, forecheck drill, open ice stand-up drill 	<ul style="list-style-type: none"> Maximize aerobic activity Add deceleration/rotational forces in controlled setting Monitor for symptoms
6	<ul style="list-style-type: none"> Full practice (after medical clearance) 	<ul style="list-style-type: none"> Normal training activities 	<ul style="list-style-type: none"> Frequent assessments throughout the practice Assess frequently during line changes Monitor for symptoms
7	<ul style="list-style-type: none"> Return to play 	<ul style="list-style-type: none"> Normal game play 	<ul style="list-style-type: none"> Assess frequently Monitor for symptoms

May begin Stage 2 when symptoms are markedly diminished, and can tolerate a partial school day

May begin Stage 3 when a full school day is tolerated

May progress to the next stage every 24 hours as long as symptoms do not worsen

It is recommended that you seek further medical attention if you fail more than three attempts to pass a stage.



choa.org/concussion



404-785-KIDS (5437)

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.

