### Return to physical activity following concussion

#### Baseball/softball

<table>
<thead>
<tr>
<th>Stage</th>
<th>Activity</th>
<th>Baseball/softball-specific exercise</th>
<th>Objective of the stage</th>
</tr>
</thead>
</table>
| 1     | • No physical activity  
• Complete physical and cognitive rest | • No activity | • Recovery and elimination of symptoms |
| 2     | • Light aerobic activity | • 10 to 15 minutes of walking at home or at field, or stationary bike | • Add light aerobic activity and monitor for symptom return |
| 3     | • Moderate aerobic activity  
• Light resistance training | • 20 to 30 minutes of jogging  
• Light weight lifting (one set of 10 reps) | • Increase aerobic activity and monitor for symptom return |
| 4     | • Noncontact baseball/softball-specific drills | • Interval throwing program, bullpen pitching, fielding ground balls, double plays, catching fly balls, running bases, pick-off attempts, catcher coming out of the crouch, dry cuts, bunting, hitting off the tee | • Maximize aerobic activity  
• Accelerate to full speed with change of directions (cuts)  
• Introduce rotational head movements  
• Monitor for symptoms |
| 5     | • Limited contact baseball/softball drills | • Hitting off a pitching machine with progression to live batting practice | • Maximize aerobic activity  
• Add deceleration/rotational forces in controlled setting  
• Monitor for symptoms |
| 6     | • Full practice (after medical clearance) | • Normal training activities | • Frequent assessments throughout the practice  
• Monitor for symptoms |
| 7     | • Return to play | • Normal game play | • 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  
Always wear a batting helmet when around hitting/batting area  
It is recommended that you seek further medical attention if you fail more than three attempts to pass a stage.