

Return to physical activity following concussion

Baseball/softball

Stage	Activity	Baseball/softball-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 jogging 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 baseball/softball-specific drills 	<ul style="list-style-type: none"> 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 	<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 baseball/softball drills 	<ul style="list-style-type: none"> Hitting off a pitching machine with progression to live batting practice 	<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 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

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.



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.

