

Return to physical activity after a concussion

Ice hockey

Stage	Activity	Ice hockey exercises	Goal
1	<ul style="list-style-type: none"> Rest 	<ul style="list-style-type: none"> Rest other than everyday walking 	<ul style="list-style-type: none"> Promote recovery shortly after injury
2	<ul style="list-style-type: none"> Light aerobic activity 	<ul style="list-style-type: none"> 10 to 15 minutes of walking or stationary bike 	<ul style="list-style-type: none"> Add light aerobic activity Watch if symptoms 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 (1 set of 10 reps) 	<ul style="list-style-type: none"> Increase aerobic activity Watch if symptoms return
4	<ul style="list-style-type: none"> High intensity activity Non-contact ice hockey drills 	<ul style="list-style-type: none"> Open ice forward sprint skating Skating backward (all ages) and laterally (8 years and over) Skating with the puck, stick handling, face off, passing, shooting, shadow positioning and goal keeper positioning 	<ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of directions (cuts) Start rotational head movements Watch if symptoms return
5	<ul style="list-style-type: none"> High intensity activity Limited contact ice hockey drills 	<ul style="list-style-type: none"> Skating sprints, agility drills and normal weight training Checking against pad (14 years and over); move to back in and cut off drill, curls, forecheck drill and open ice stand-up drill No scrimmages 	<ul style="list-style-type: none"> Maximize aerobic activity Add high intensity strength training Add deceleration/rotational forces in controlled setting Watch if symptoms return
6	<ul style="list-style-type: none"> Full practice (after cleared by a provider) 	<ul style="list-style-type: none"> Normal training activities Normal scrimmages 	<ul style="list-style-type: none"> Frequent assessments during practice Watch if symptoms return
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"> Return to normal game play

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.

