Graduated Exertion Process

(For the Trainer)

* **Phase 1**: Low impact, light aerobic activity—walking, stationary bike for 24 hours. No symptoms…
* **Phase 2**: Higher impact/exertion activity—running, jump rope for 24 hours. No symptoms…
* **Phase 3**: Sport specific noncontact activity, low resistance weight training with spotter for 24 hours. No symptoms…
* **Phase 4**: Same as 3, higher resistance weight training with spotter for 24 hours. No symptoms…
* **Phase 5**: Full contact training drills and intense aerobic activities. No symptoms…
* **Phase 6**: Return to full activities without restrictions.

\*If post concussion symptoms return, drop back to previous phase and try to progress again after 24 hour rest period has passed. If progress stalls, referral to neurologist is needed.

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Physician Signature Date