



PHYSICAL AND COGNITIVE ACTIVITY SUGGESTIONS FOR RECOVERY STAGES AFTER CONCUSSION

Following a concussion there should be a gradual return to activity before full participation in a sport or other physical activity. The following chart is a guideline to help a child or young person safely return to play using a staged approach. Recovery from concussion is an individual process and any return to activity should be done in consultation with a doctor or health care professional.



TODDLER (0-4)	CHILD (5-10)	TEENAGER (11+)
Stage 1 - Rest	Stage 1 - Rest	Stage 1 - Rest
<ul style="list-style-type: none"> Crafts: colouring, drawing Nap in favourite spot Parents can read stories Watch fish in an aquarium 	<ul style="list-style-type: none"> Basic board games (i.e. not monopoly) Crafts: making bracelets, necklaces Talk to friends/family Light gardening Singing Stargazing Talk on phone Nap 	<ul style="list-style-type: none"> Crafts: moulding clay Friends visit (one at a time) Knitting and quilting Listen to Audiobooks Meditation Nap Photography Scrapbooking
Stage 2 - Light Activity	Stage 2 - Light Activity	Stage 2 - Light Activity
<ul style="list-style-type: none"> Bird watching Crafts: painting Play in the sand Play blocks, dolls, cars or small toys Supervised walking or crawling 	<ul style="list-style-type: none"> Walking Light jogging Playing catch Freestyle swimming Helping cook and bake Listen to quiet music (no headphones) Challenging board games Magazines Puzzles Croquet Fishing Flying kite Frisbee 	<ul style="list-style-type: none"> Light jogging Playing catch Stationary cycling Walking Cooking and baking Crafts: origami, sculpting Go to the beach Listen to music (no headphones) Magazines Poetry Puzzles Re-read familiar books Camping Croquet Darts Fishing Freestyle swimming Lawn bowling Yoga (no hot yoga)
Stage 3 - Moderate Activity	Stage 3 - Moderate Activity	Stage 3 - Moderate Activity
<ul style="list-style-type: none"> Crawling Walking 	<ul style="list-style-type: none"> Ipad applications (no gaming) Word searches Air hockey or foosball Biking Dribbling, keep-ups and stickhandling Golf Light badminton Ping pong Skating Sprinklers and splash pads Tag Tai chi/karate (non-contact) Wii or Xbox Kinect games 	<ul style="list-style-type: none"> Crosswords Shopping at mall Sudoku Air hockey or foosball Biking Calisthenics (stability exercises) Dribbling, keep-ups and stickhandling Golf Hiking/orienteering Light badminton Ping Pong Running Skating Snorkelling Tai chi/Karate Wii or Xbox Kinect games Volleyball (keep ups) Surfing and windsurfing Darts Fishing Freestyle Swimming Lawn bowling Yoga (no hot yoga)
Stage 4 - Non Contact Practice	Stage 4 - Non Contact Practice	Stage 4 - Non Contact Practice
<ul style="list-style-type: none"> Dance lessons Swim lessons 	<ul style="list-style-type: none"> Baseball/cricket Basketball Dance Field hockey Figure skating (no jumps) Hockey drills Soccer without heading Slide and swing at playground Squash Tennis Volleyball (no diving) 	<ul style="list-style-type: none"> Aerobics and plyometrics Baseball/Cricket Basketball Canoeing/kayaking Dance Figure Skating (no jumping) Football drills Hockey drills