

Carolina Sports Concussion Clinic

Baseball or Softball Specific Exercise Progression

Name of Athlete: _____

Date of Concussion: _____

	EXERCISE	Day/Date	COMPLETED / COMMENTS	
Stage 1	Goal is to reach 30-40% of maximum heart rate Walking at 2.5 mph or Riding a stationary bike for 20-30 minutes.		YES NO	Supervisor's initials _____
Stage 2	Goal is to reach 40-60% of maximum heart rate Jogging (light pace) for 20-30 minutes Sit-ups x 25, Push-ups x 20, Lunge walks x 20		YES NO	Supervisor's initials _____
Stage 3	Goal is to reach 60-80% of maximum heart rate Jogging (medium pace) or running poles in outfield for 30 minutes. Sit-ups x 40, push-ups x 25, lunge walks x 30 Soft toss/catch with partner.		YES NO	Supervisor's initials _____
Stage 4	Goal is to reach 80% of maximum heart rate Jogging (medium to fast pace) for 20 minutes. Agilities including high knees, butt kicks, carioca, tin soldiers (20 yards) x 2 each Soft toss/catch with partner (not to exceed 60 feet). Hit off tee, short toss hitting/bunting in cages. Fielding ground & fly balls, hit off fungo. Burpees w/ jump x 10.		YES NO	Supervisor's initials _____
	<i>Return for final office visit to obtain full clearance</i>			
Stage 5	Goal is to reach full exertion. Participate in full-contact practice including live hitting/bunting, fielding live balls, base running.		YES NO	Supervisor's initials _____
Stage 6	Goal is to reach & maintain full exertion. Resume full participation in competition.		YES NO	Supervisor's initials _____

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