

Carolina Sports Concussion Clinic

Basketball 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 (medium 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 Running (fast pace) for 20-30 minutes Sit-ups x 50, Push-ups x 30, Lunge walks x 30. Ballhandling skills (one and two balls) down length of court, free throw shooting x 10 minutes. Agilities (high knees, butt kicks, carioca, defensive slides, monster walks, tin soldiers) x 10 minutes.		YES NO	Supervisor's initials _____
Stage 4	Goal is to reach 80% of maximum heart rate Running (fast pace) for 20 minutes Sprints @ 75% & 100% for length of court x 3 each. Defensive slides x length of court into sprint through half court x 5. Ballhandling & FT shooting x 5 minutes. Agilities (same as Stage 3). Mikan layups, reverse Mikans x 30 seconds (4 times each). 5-spot shooting Defense against dribbler x 2 lengths of court Dribbler against defense x lengths of court. Burpees w/ jump x 10.		YES NO	Supervisor's initials _____
	<i>Return for final office visit for clearance</i>			
Stage 5	Goal is to reach full exertion. Participate in full-contact practice.		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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