

# Carolina Sports Concussion Clinic

## Football Specific Exercise Progression

Name of Athlete: \_\_\_\_\_

Date of Concussion: \_\_\_\_\_

	EXERCISE	Day/Date	COMPLETED / COMMENTS	
<b>Stage 1</b>	<p><i>Goal is to reach 30-40% of maximum heart rate</i>                      Walking at 2.5 mph or                      Riding a stationary bike for 20-30 minutes.</p>		YES	Supervisor's initials _____
			NO	
<b>Stage 2</b>	<p><i>Goal is to reach 40-60% of maximum heart rate</i>                      Jogging (medium pace) for 20-30 minutes                      Sit-ups x 25, Push-ups x 20, Lunge walks x 20.</p>		YES	Supervisor's initials _____
			NO	
<b>Stage 3</b>	<p><i>Goal is to reach 60-80% of maximum heart rate</i>                      Running (fast pace) for 20-30 minutes, Sit-ups x 50, Push-ups x 30, Lunge walks x 30.                      Practice individual drills for 15 minutes: can include tire running/high knees, sprint ladder, 40 yd sprints, throwing/kicking the football.                      Can receive football but only low passes. Wear helmet.</p>		YES	Supervisor's initials _____
			NO	
<b>Stage 4</b>	<p><i>Goal is to reach 80% of maximum heart rate</i>  <b>Participate in Non-contact practice drills (not touching another person)</b>                      Warm up (jogging/stretching 10-20 minutes) and practice team drills for 45-60 minutes total.                      Can include drills from Stage 3 but no hits &amp; not touching another person/blocking dummies.                      Burpees with a jump x 15.</p>		YES	Supervisor's initials _____
			NO	
	<b><i>Return for final office visit to obtain full clearance</i></b>			
<b>Stage 5</b>	<p><i>Goal is to reach full exertion.</i>  <b>Participate in full-contact practice.</b> Can resume hits to blocking dummies &amp; teammates.                      Wear helmet as usual.</p>		YES	Supervisor's initials _____
			NO	
<b>Stage 6</b>	<p><i>Goal is to reach &amp; maintain full exertion.</i>                      Resume full participation in competition.</p>		YES	Supervisor's initials _____
			NO	

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[www.carolinasportconcussionclinic.com](http://www.carolinasportconcussionclinic.com)  
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