

Carolina Sports Concussion Clinic

Hockey 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 Skating for 20 – 30 minutes (alternate going forward and backward, 5 minutes each direction) at about 75% of full speed. Add stick work while skating, both directions x 10-15 minutes. Off ice: Sit-ups x 30, push-ups x 25, lunge walks x 25		YES NO	Supervisor's initials _____
Stage 4	Goal is to reach 80% of maximum heart rate Skating for 30 minutes, add stick work for duration of skate. Gradually increase speed (50%, 75%, 100% of speed). Single person or 1 on 1 drills that incorporate fast changes in direction. Side-step over sticks then skate forward/accelerate x 10 reps. Cone drills		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 _____

3700 NW Cary Pkwy, Ste. 110
Cary, NC 27513

8300 Health Park, Ste. 107
Raleigh, NC 27615
www.carolinasportsconcussionclinic.com
919-238-2017

190 Rosewood Center Drive
Holly Springs, NC 27540