

Carolina Sports Concussion Clinic

Martial Arts Specific Exercise Progression

Name of Athlete: _____

Date of Concussion: _____

	EXERCISE	Day/Date	COMPLETED / COMMENTS	
Stage 1	<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.		YES NO	Supervisor's initials _____
Stage 2	<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		YES NO	Supervisor's initials _____
Stage 3	<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 skills/techniques on own for 15 minutes.		YES NO	Supervisor's initials _____
Stage 4	<i>Goal is to reach 80% of maximum heart rate</i> Participate in a Non-Contact practice Warm up with team/classmates (jogging/stretching 10-20 minutes), practice for 45-60 minutes total (not touching another person)		YES NO	Supervisor's initials _____
	<i>Return for final office visit to obtain full clearance</i>			
Stage 5	<i>Goal is to reach full exertion.</i> Participate in full-contact practice.		YES NO	Supervisor's initials _____
Stage 6	<i>Goal is to reach & maintain full exertion.</i> Resume full participation in competition		YES NO	Supervisor's initials _____

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