

Carolina Sports Concussion Clinic

Volleyball 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. Volleyball-specific agilities such as defensive slides, zig-zag pattern running, line jumps/box jumps, etc for 15 minutes. Hitters may hit from set, but no defensive drills. No diving after balls. May practice serving drills, but not serve-receive. May practice setting.		YES NO	Supervisor's initials _____
Stage 4	Goal is to reach 80% of maximum heart rate Warm-up and stretch with team. Participate in team drills where players are on one side of the net only, limit defensive participation, do not dive. Burpees 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.		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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