

# Carolina Sports Concussion Clinic

## Wrestling 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></p> <p>Walking at 2.5 mph <b>or</b> 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></p> <p>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></p> <p>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 shuffling, sprawls, crawls, high knees, knee hops, lateral hops, front/back hops. No grappling, take downs, or touching another player.</p>		YES	Supervisor's initials _____
			NO	
<b>Stage 4</b>	<p><i>Goal is to reach 80% of maximum heart rate</i></p> <p><b>Participate in Non-Contact practice drills:</b> Warm up (jogging/stretching 10-20 minutes) and practice team drills for 45-60 minutes total. Can include drills from Stage 3, weightlifting, balance drills. No grappling, take downs, or touching another player. Burpees with a jump x 10.</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></p> <p>Participate in full-contact practice, can resume all activity.</p>		YES	Supervisor's initials _____
			NO	
<b>Stage 6</b>	<p><i>Goal is to reach &amp; maintain full exertion.</i></p> <p>Resume full participation in competition</p>		YES	Supervisor's initials _____
			NO	

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

8300 Health Park, Ste. 107  
Raleigh, NC 27615

190 Rosewood Center Drive  
Holly Springs, NC 27540

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

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