



General Activities

Exertion Phase	Cardio	Balance/Strength	Sports Drills
Phase 1 15-20 minutes	<ul style="list-style-type: none"> • Walking Outside • Treadmill Walking • Stationary Bike • Arm Bike 	<ul style="list-style-type: none"> • Single leg balance • Tandem Stance <ul style="list-style-type: none"> - (One foot in front of the other) • Neck Strengthening 	<ul style="list-style-type: none"> • Light Stretching • May walk during practice or PE class
Phase 2 20-30 Minutes	<ul style="list-style-type: none"> • Walking <ul style="list-style-type: none"> - Speed/Uphill • Elliptical • Stairmaster • Swim with kick board • Light Jump rope • Light Jogging 	<ul style="list-style-type: none"> • Core exercises <ul style="list-style-type: none"> - Minimize head movements Planks, leg lifts • Body Weight exercises <ul style="list-style-type: none"> - Lunges, squats, puss-ups, step-ups, tricep dips • Yoga and Pilates <ul style="list-style-type: none"> - Minimize head movements • Balance Exercises 	<ul style="list-style-type: none"> • Activities without risk of contact or collision • No activities with multiple balls in the air • Examples <ul style="list-style-type: none"> - Light throwing (nerf ball) - Stationary dribbling shooting basketball - Soccer footwork - "Marking" dance/cheer routine - Stick handling on dry land - Mini golf - Hop-scotch - Marco Polo - Four square - Bounce tennis ball against wall

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Phase 3 30-40 Minutes	<ul style="list-style-type: none"> • Running and Sprinting • Footwork and cutting • Jumping 	<ul style="list-style-type: none"> • Core exercise with head movement <ul style="list-style-type: none"> - Bicycle crunches, planks with head rotation • Low weight high repetition lifting • Squats, curls, bench press, lunges • Dynamic warm up <ul style="list-style-type: none"> - Jogging, high knees • Jumping exercises <ul style="list-style-type: none"> - Squat jumps, jumping jacks, box jumps • Balance exercises <ul style="list-style-type: none"> - Single leg balance with forward reach to floor 	<ul style="list-style-type: none"> • Agility/ladder drills • Base running drills with no balls being hit • Fielding drills <ul style="list-style-type: none"> - Fly balls • Other non-contact activities: <ul style="list-style-type: none"> - Freeze tag - Soccer drills - Basketball drills - Badminton - Capture the flag - Tennis
Phase 4 40-60 Minutes	<ul style="list-style-type: none"> • Continue Phase 3 Cardio while increasing duration 	<ul style="list-style-type: none"> • Advanced core exercises <ul style="list-style-type: none"> - Burpees, mountain climbers • Higher weight lower repetition lifting • Continue Balance Exercises 	<ul style="list-style-type: none"> • Incorporate controlled contact activities • Examples <ul style="list-style-type: none"> - Kickball - Volleyball - Baseball/softball - Flag football
Phase 5 > 60 Minutes	<ul style="list-style-type: none"> • Full practice participation without restrictions 	<ul style="list-style-type: none"> • Full practice participation without restrictions 	<ul style="list-style-type: none"> • Full PE participation without restrictions

If headache, dizziness, or any other symptom occurs during the progression, stop exercising, wait 24 hours, then resume activity at the previous symptom free level.