

# AT HOME GUIDE CONCUSSION



After a concussion, take it easy to start, then gradually get more active.



## 01 RELATIVE REST



- Take it easy
- Light day-to-day movement like walking around is okay
- After 24–48 hours, move onto the next stage, even if you still have symptoms.

## 02 RECOVERY



### STEP 1 (1+ DAYS)

- Light everyday activities like short walks
- Limit screen time depending on symptoms
- If symptoms resolved or not worsened by the next day, go to Step 2

### STEP 2 (1+ DAYS)

- Light aerobic exercise like jogging or gentle cycling
- If symptoms resolved or not worsened by the next day, go to Step 3

### STEP 3 (2+ DAYS)

- Moderate aerobic exercise like jogging or cycling at medium pace
- If symptoms resolved or not worsened by the next day, go to Step 4

### STEP 4 (2+ DAYS)

- High-intensity aerobic exercise like running
- Gentle weights at about half your normal load
- Return to school or work with a smaller workload, rest breaks and gradually build up to full days
- Once you're symptom-free at rest and in high-intensity exercise and back to a regular school or work schedule, go to Stage 3



## 03 GRADED LOADING PROGRAM



### STEP 1 (7+ DAYS)

- Return to full team training sessions – non-contact activities only like kicking, handballing and marking
- Do at least 2–3 training sessions with at least a day's break between
- If symptoms come back at any time in Stage 3 then go back to Stage 2 and see a GP
- If after 7 days you're completely symptom-free, go to Step 2

### STEP 2 (7+ DAYS)

- Limited contact training – drills with controlled contact, including tackling
- Totally symptom-free and feeling confident to return to training – see a GP for medical clearance
- If after 7 days – including return to full-contact training – you're symptom-free and feeling confident, move to Stage 4.

## 04 RETURN TO PLAY

- Get back to the game you love!

