

Return to physical activity following concussion

Baseball/softball

| Stage | Activity | Baseball/softball-specific exercise | Objective of the stage |
|-------|--|--|---|
| 1 | <ul style="list-style-type: none"> No physical activity Complete physical and cognitive rest | <ul style="list-style-type: none"> No activity | <ul style="list-style-type: none"> Recovery and elimination of symptoms |
| 2 | <ul style="list-style-type: none"> Light aerobic activity | <ul style="list-style-type: none"> 10 to 15 minutes of walking at home or at field, or stationary bike | <ul style="list-style-type: none"> Add light aerobic activity and monitor for symptom return |
| 3 | <ul style="list-style-type: none"> Moderate aerobic activity Light resistance training | <ul style="list-style-type: none"> 20 to 30 minutes of jogging Light weight lifting (one set of 10 reps) | <ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return |
| 4 | <ul style="list-style-type: none"> Noncontact baseball/softball-specific drills | <ul style="list-style-type: none"> Interval throwing program, bullpen pitching, fielding ground balls, double plays, catching fly balls, running bases, pick-off attempts, catcher coming out of the crouch, dry cuts, bunting, hitting off the tee | <ul style="list-style-type: none"> Maximize aerobic activity Accelerate to full speed with change of directions (cuts) Introduce rotational head movements Monitor for symptoms |
| 5 | <ul style="list-style-type: none"> Limited contact baseball/softball drills | <ul style="list-style-type: none"> Hitting off a pitching machine with progression to live batting practice | <ul style="list-style-type: none"> Maximize aerobic activity Add deceleration/rotational forces in controlled setting Monitor for symptoms |
| 6 | <ul style="list-style-type: none"> Full practice (after medical clearance) | <ul style="list-style-type: none"> Normal training activities | <ul style="list-style-type: none"> Frequent assessments throughout the practice Monitor for symptoms |
| 7 | <ul style="list-style-type: none"> Return to play | <ul style="list-style-type: none"> Normal game play | <ul style="list-style-type: none"> Assess frequently Monitor for symptoms |

May begin Stage 2 when symptoms are markedly diminished, and can tolerate a partial school day.

May begin Stage 3 when a full school day is tolerated.

May progress to the next stage every 24 hours as long as symptoms do not worsen.

Always wear a batting helmet when around hitting/batting area.



choa.org/concussion

This is general information and is not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child.



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