

Stage	Focus	Description of activity	Comments
Stage 1	Relative rest period (24-48 hours)	Take it easy for the first 24-48 hours after a suspected concussion. It is best to minimise any activity to 10 to 15-minute slots. You may walk, read and do some easy daily activities provided that your concussion symptoms are no more than mildly increased. Phone or computer screen time should be kept to the absolute minimum to help recovery.	
Stage 2	Return to normal daily activities outside of school or work.	<ul style="list-style-type: none"> <li>• Increase mental activities through easy reading, limited television, games, and limited phone and computer use.</li> <li>• Gradually introduce school and work activities at home.</li> <li>• Advancing the volume of mental activities can occur as long as they do not increase symptoms more than mildly.</li> </ul>	There may be some mild symptoms with activity, which is OK. If they become more than mildly exacerbated by the mental or physical activity in Stage 2, rest briefly until they subside.
	Physical Activity (e.g. week 1)	<ul style="list-style-type: none"> <li>• After the initial 24–48 hours of relative rest, gradually increase light physical activity.</li> <li>• Increase daily activities like moving around the house, simple chores and short walks. Briefly rest if these activities more than mildly increase symptoms.</li> </ul>	
Stage 3	Increasing tolerance for thinking activities	<ul style="list-style-type: none"> <li>• Once normal level of daily activities can be tolerated then explore adding in some home-based school or work-related activity, such as homework, longer periods of reading or paperwork in 20 to 30-minute blocks with a brief rest after each block.</li> <li>• Discuss with school or employer about returning part-time, time for rest or breaks, or doing limited hours each week from home</li> </ul>	Progressing too quickly through stages 3 - 5 whilst symptoms are significantly worsened by exercise may slow recovery. Although headaches are the most common symptom following concussion and may persist for several months, exercise should be limited to that which does not more than mildly exacerbate them. Symptom exacerbation with physical activity and exercise is generally safe, brief and is self-limiting typically lasting from several minutes to a few hours.
	Light aerobic exercise (e.g. weeks 1 or 2)	<ul style="list-style-type: none"> <li>• Walking or stationary cycling for 10–15 minutes. Start at an intensity where able to easily speak in short sentences. The duration and the intensity of the exercise can gradually be increased according to tolerance.</li> <li>• If symptoms more than mildly increase, or new symptoms appear, stop and briefly rest. Resume at a reduced level of exercise intensity until able to tolerate it without more than mild symptom exacerbation.</li> <li>• Brisk walks and low intensity, body weight resistance training are fine but no high intensity exercise or added weight resistance training.</li> </ul>	

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Stage 4	Return to study and work	<ul style="list-style-type: none"> <li>May need to consider a part-time return to school or reduced activities in the workplace (e.g. half-days, breaks, avoiding hard physical work, avoiding complicated study).</li> </ul>	<p>Progressing too quickly through stages 3 - 5 whilst symptoms are significantly worsened by exercise may slow recovery. Although headaches are the most common symptom following concussion and may persist for several months, exercise should be limited to that which does not more than mildly exacerbate them. Symptom exacerbation with physical activity and exercise is generally safe, brief and is self-limiting typically lasting from several minutes to a few hours.</p>
	Non-contact training (e.g. during week 2)	<ul style="list-style-type: none"> <li>Start training activities in chosen sport once not experiencing symptoms at rest from the recent concussion. It is important to avoid any training activities involving head impacts or where there may be a risk of head injury. Now increase the intensity of exercise and resistance training.</li> </ul>	
Stage 5	Return to full academic or work-related activity	<ul style="list-style-type: none"> <li>Return to full activity and catch up on any missed work.</li> </ul>	<p>Individuals should only return to training activities involving head impacts or where there may be a risk of head injury when they have not experienced symptoms at rest from their recent concussion for 14 days.</p> <p>Recurrence of concussion symptoms following head impact in training should trigger removal of the player from the activity.</p>
	Unrestricted training activities (not before week 3)	<ul style="list-style-type: none"> <li>When free of symptoms at rest from the recent concussion for 14 days can consider commencing training activities involving head impacts or where there may be a risk of head injury.</li> </ul>	
Stage 6	Return to competition	<p>This stage should not be reached before day 21* (at the earliest) <u>and</u> only if no symptoms at rest have been experienced from the recent concussion in the preceding 14 days <u>and</u> now symptom free during pre-competition training.</p> <p>* The day of the concussion is Day 0 (see example below).</p>	<p>Resolution of symptoms is only one factor influencing the time before a safe return to competition with a predictable risk of head injury. Approximately two-thirds of individuals will be able to return to full sport by 28 days but children, adolescents and young adults may take longer.</p> <p>Disabled people will need specific tailored advice which is outside the remit of this guidance.</p>