

## ACTIVITY SUGGESTIONS FOR RECOVERY STAGES AFTER CONCUSSION

TODDLER (0-4)	CHILD (5-10)	
<p><b>Stage 1 – Short Phase of Physical and Cognitive Rest with Symptom Guided Activity 24-48 hours</b></p> <ul style="list-style-type: none"> <li>• Crafts: colouring, drawing</li> <li>• Nap in favourite spot</li> <li>• Parents can read stories</li> <li>• Watch fish in an aquarium</li> </ul>	<p><b>Stage 1 – Short Phase of Physical and Cognitive Rest with Symptom Guided Activity 24-48 hours</b></p> <ul style="list-style-type: none"> <li>• Basic board games (i.e. not monopoly)</li> <li>• Crafts: making bracelets, necklaces</li> <li>• Light gardening</li> <li>• Singing</li> <li>• Static stretching</li> <li>• Talking on phone</li> <li>• Talking to friends/family</li> </ul>	<p><b>Stage 3 – Individual Sport-Specific Activity (No Contact)</b></p> <ul style="list-style-type: none"> <li>• Air hockey or foosball</li> <li>• Biking</li> <li>• Dribbling and stickhandling</li> <li>• Golf</li> <li>• iPad applications (no gaming)</li> <li>• Light badminton</li> <li>• Sit ups and push-ups few repetitions</li> <li>• Ping pong</li> <li>• Skating</li> <li>• Sprinklers and splash pads</li> <li>• Tag</li> <li>• Tai chi/karate (non-contact)</li> <li>• Wii or Xbox Kinect games</li> <li>• Word searches</li> </ul>
<p><b>Stage 2 - Light Exercise (No Contact)</b></p> <ul style="list-style-type: none"> <li>• Bird watching</li> <li>• Crafts: painting</li> <li>• Exersaucer</li> <li>• Play in the Sand</li> <li>• Play blocks, Lego, dolls, cars or small toys</li> <li>• Puzzles/matching games</li> <li>• Sensory/water play</li> <li>• Supervised walking or crawling</li> </ul>	<p><b>Stage 2- Light Exercise (No Contact)</b></p> <ul style="list-style-type: none"> <li>• Balance exercises</li> <li>• Challenging board games</li> <li>• Fishing</li> <li>• Flying kites</li> <li>• Freestyle swimming</li> <li>• Helping cook and bake</li> <li>• Light jogging</li> <li>• Listening to quiet music (no headphones)</li> <li>• Magazines</li> <li>• Playing catch</li> <li>• Puzzles</li> <li>• Walking</li> </ul>	<p><b>Stage 4 – Sport-Specific Practice with Team (No Contact)</b></p> <ul style="list-style-type: none"> <li>• Baseball/cricket</li> <li>• Basketball</li> <li>• Dance</li> <li>• Field hockey</li> <li>• Figure skating (no jumps)</li> <li>• Hockey drills</li> <li>• Soccer without heading</li> <li>• Slide and swing at playground</li> <li>• Squash</li> <li>• Tennis, Badminton</li> <li>• Volleyball (no diving)</li> </ul>
<p><b>Stage 3 – Individual Sport-Specific Activity (No Contact)</b></p> <ul style="list-style-type: none"> <li>• Archery game</li> <li>• Ball throwing (ex basketball)</li> <li>• Bowling (at home)</li> <li>• Crawling</li> <li>• Dramatic play/role-playing</li> <li>• Walking</li> </ul>		
<p><b>Stage 4- Sport-Specific Practice with Team (No Contact)</b></p> <ul style="list-style-type: none"> <li>• Dance lessons</li> <li>• Kicking/passing a soccer ball</li> <li>• Mini sticks</li> <li>• Splash pad</li> <li>• Swim lessons</li> </ul>		

**WARNING: Perform activities ONLY if symptom free. If any symptoms appear during activity, STOP immediately.**

Use suggestions in conjunction with CanChild concussion protocols available at:  
<https://canchild.ca/en/diagnoses/brain-injury-concussion/brain-injury-resources>

## ACTIVITY SUGGESTIONS FOR RECOVERY STAGES AFTER CONCUSSION

### TEENAGER (11+)

#### Stage 1 – Short Phase of Physical and Cognitive Rest with Symptom Guided Activity 24-48 hours

- Cellphone (no texting only calling)
- Crafts: molding clay
- Friends visit (one at a time)
- Knitting and quilting
- Listen to Audiobooks
- Meditation/nap
- Photography/scrapbooking
- Static stretching

#### Stage 2 – Light Exercise (No Contact)

- Archery
- Camping
- Cooking and baking
- Fishing
- Freestyle swimming
- Going to the beach
- Light jogging
- Listening to quiet music (no headphones)
- Magazines
- Playing catch
- Puzzles
- Re-read familiar books
- Stationary cycling
- Walking
- Yoga (no hot yoga)

#### Stage 3 – Individual Sport-Specific Activity (No Activity)

- Air hockey or foosball
- Basketball (passing, shooting)
- Air hockey or foosball
- Basketball (passing, shooting)
- Biking
- Crosswords/sudoku
- Curling
- Dance/Gymnastics/Cheer (no stunts)

- Figure skating (stroking, footwork)
- Football (dynamic throwing and catching, one on one plays)
- Golf
- Hiking/orienteering
- Hockey (passing, shooting, skating drills)
- Light badminton, Ping Pong
- Sit ups and push-ups few repetitions
- Running
- Rugby (passing and catching drills)
- Shopping at mall
- Soccer (dribbling, passing, shooting)
- Snorkeling
- Tai chi/Karate
- Volleyball (keep ups)
- Wii or Xbox Kinect games

#### Stage 4- Sport-Specific Practice with Team (No Contact)

- Aerobics and plyometrics
- Baseball/Cricket
- Basketball
- Canoeing/kayaking
- Dance/Gymnastics/Cheer (beginner stunts, maximum two rotations)
- Figure Skating (beginner jumps, run through no music)
- Football (offensive/defensive plays)
- Hockey (breakout, defense drills, 3 on 2)
- Light Weight Training
- Mountain/rock climbing
- Rugby (team drills, lineouts no contact)
- Shadow boxing
- Soccer (offensive/defensive plays)
- Squash or tennis
- Track and field
- Volleyball (no diving)

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