

# 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"> <li>No physical activity</li> <li>Complete physical and cognitive rest</li> </ul>	<ul style="list-style-type: none"> <li>No activity</li> </ul>	<ul style="list-style-type: none"> <li>Recovery and elimination of symptoms</li> </ul>
2	<ul style="list-style-type: none"> <li>Light aerobic activity</li> </ul>	<ul style="list-style-type: none"> <li>10 to 15 minutes of walking at home or at field, or stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>Add light aerobic activity and monitor for symptom return</li> </ul>
3	<ul style="list-style-type: none"> <li>Moderate aerobic activity</li> <li>Light resistance training</li> </ul>	<ul style="list-style-type: none"> <li>20 to 30 minutes of jogging</li> <li>Light weight lifting (one set of 10 reps)</li> </ul>	<ul style="list-style-type: none"> <li>Increase aerobic activity and monitor for symptom return</li> </ul>
4	<ul style="list-style-type: none"> <li>Noncontact baseball/softball-specific drills</li> </ul>	<ul style="list-style-type: none"> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Accelerate to full speed with change of directions (cuts)</li> <li>Introduce rotational head movements</li> <li>Monitor for symptoms</li> </ul>
5	<ul style="list-style-type: none"> <li>Limited contact baseball/softball drills</li> </ul>	<ul style="list-style-type: none"> <li>Hitting off a pitching machine with progression to live batting practice</li> </ul>	<ul style="list-style-type: none"> <li>Maximize aerobic activity</li> <li>Add deceleration/rotational forces in controlled setting</li> <li>Monitor for symptoms</li> </ul>
6	<ul style="list-style-type: none"> <li>Full practice (after medical clearance)</li> </ul>	<ul style="list-style-type: none"> <li>Normal training activities</li> </ul>	<ul style="list-style-type: none"> <li>Frequent assessments throughout the practice</li> <li>Monitor for symptoms</li> </ul>
7	<ul style="list-style-type: none"> <li>Return to play</li> </ul>	<ul style="list-style-type: none"> <li>Normal game play</li> </ul>	<ul style="list-style-type: none"> <li>Assess frequently</li> <li>Monitor for symptoms</li> </ul>

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

It is recommended that you seek further medical attention if you fail more than three attempts to pass a stage.



[choa.org/concussion](http://choa.org/concussion)



404-785-1111 or 1-800-785-CHOA

*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.*

*In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.*

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