

Subsymptom Threshold Physical Activity Program

Rationale: For symptomatic concussion patients, the current research indicates that inactivity is not beneficial to support recovery for a number of reasons (energy level, mood, sleep, general well being). The physical activity program described below introduces physical activity in a systematic and progressive manner, starting at a low level of intensity such that it does not increase symptoms significantly (more than 2 points on the 0-10 scale), and gradually increasing intensity and time as tolerated. This is called a progressive subsymptom threshold physical activity program.

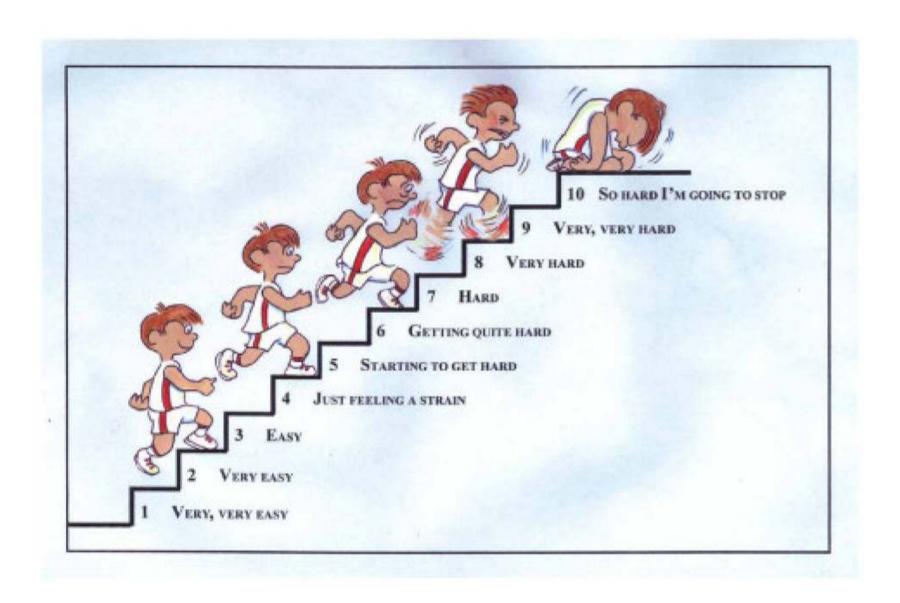
The symptomatic patient with a concussion is allowed to engage in a systematic, <u>daily</u> physical conditioning program:

- <u>Starting at a (low) level of activity</u> that does not significantly worsen their symptoms (though they may increase a small amount, especially initially, and that is OK).
- <u>Progressively increasing activity</u> in terms of <u>length of time</u> and <u>intensity</u>, as he/she can tolerate it (meaning no significant increase in symptoms)

Procedure

- Use the <u>Progress Log</u> to guide the subsymptom threshold physical activity program.
- Use the <u>Pictorial Children's Effort Rating (PCERT) Table</u> to indicate the level of intensity of activity
- Start slow (e.g., 5-15 minutes at PCERT Level 3 or 4) the first day with non-jarring low level activity (e.g., stationary bike, elliptical).
- Monitor the symptoms closely. Rate them at the beginning and end of the workout session (0-10 scale). If symptoms do not worsen more than 2 points, continue with this level of time and intensity for one more day. If this level can be successfully completed 2 days in a row, increase the amount of time or the intensity the following day.
- Continue to progress with more time and/or higher intensity only if symptoms do not worsen or reappear. If they do reappear or worsen, move back to the activity level that was more tolerable.
- One time per day of this program is the starting frequency.
- Document progress and do this daily.
- Continue until symptoms resolve. Coordinate with your health care provider.

Pictorial Children's Effort Rating Table (PCERT)



Physical Activity PROGRESS LOG

(2)
Children's National

Name

Site:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
DATE							
Effort Rating Level (1-10)							
AEROBIC ACTIVITY:							
DURATION:							
SYMPTOM (PRE/POST)	Rate 0-10						
HEADACHE	/	/	/	/	/	/	/
FATIGUE	/	/	/	/	/	/	/
DIZZY/BALANCE	/	/	/	/	/	/	/
LIGHT/ NOISE SENSITIVITY	/	/	/	/	/	/	/
FOGGINESS	/	/	/	/	/	/	/
Other:	/	/	/	/	/	/	/
Time until symptoms go back down to Pre Level							



Physical Activity PROGRESS LOG

Name

Site:	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
DATE							
Effort Rating Level (1-10)							
AEROBIC ACTIVITY:							
DURATION:							
SYMPTOM (PRE/POST)	Rate 0-10						
HEADACHE	/	/	/	/	/	/	/
FATIGUE	/	/	/	/	/	/	/
DIZZY/BALANCE	/	/	/	/	/	/	/
LIGHT/ NOISE SENSITIVITY	/	/	/	/	/	/	/
FOGGINESS	/	/	/	/	/	/	/
Other:	/	/	/	/	/	/	/
Time until symptoms go back down to Pre Level							