

**CLINIC EXERTION FORM**  
**Non- athletes**

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

The student named above has suffered a concussion.

\_\_\_\_\_ No physical exertion until next visit

\_\_\_\_\_ When symptom free at rest for 3 days begin the exercise plan explained below:

Pay careful attention to your symptoms at each stage. After completion of each step without recurrence of symptoms, you can move to the next level of activity the next day. **Move to the next level of activity only if you do not experience any symptoms at the present level.** If your symptoms return, return to the first level and restart the program gradually.

Day 1: Low levels of physical activity. This includes walking, light jogging, light stationary biking and light weight- lifting (low weight-moderate reps, no bench, no squats).

Day 2: Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity on the stationary cycle, moderate intensity weight-lifting (reduce time and or reduced weight from your typical routine).

Day 3: Heavy non-contact physical activity. This includes printing/running, high intensity stationary cycling, completing the regular lifting routine, non-contact sport specific drills (agility with 3 planes of movement).