

Activity Suggestions for Recovery Steps After Concussion

Toddler (0-4)

Step 1 - Rest

- Crafts: colouring, drawing
- Nap in favourite spot
- Parents can read stories
- Watch fish in an aquarium

Step 2 - Light Activity

- Bird watching
- Crafts: painting
- Play in the Sand
- Play blocks, dolls, cars or small toys
- Supervised walking or crawling

Step 3 – Sport-specific Activity

- Crawling
- Walking

Step 4- Non-Contact Practice

- Dance lessons
- Swim lessons

Child (5-10)

Step 1 - Rest

- Basic board games (i.e. not monopoly)
- Crafts: making bracelets, necklaces
- Light gardening
- Singing
- Stargazing
- Talk on phone
- Talk to friends/family

Step 2- Light Activity

- Challenging board games
- Helping cook and bake
- Listen to quiet music (no headphones)
- Magazines
- Puzzles
- Billiards
- Bocce ball/ Lawn bowling
- Croquette
- Fishing
- Flying kite
- Freestyle swimming
- Frisbee
- Helping cook and bake
- Light jogging
- Playing Catch
- Walking

Step 3 – Sport-Specific Activity

- Ipad applications (no gaming)
- Word searches
- Air hockey or foosball
- Biking
- Dribbling, keep-ups and stickhandling
- Golf
- Light badminton
- Ping pong
- Skating
- Sprinklers and splash pads
- Tag
- Tai chi/karate (non-contact)
- Wii or Xbox Kinect games

Step 4 – Non-contact Practice

- Baseball/cricket
- Basketball
- Dance
- Field hockey
- Figure skating (no jumps)
- Hockey drills
- Soccer without heading
- Slide and swing at playground
- Squash
- Tennis
- Volleyball (no diving)

WARNING: Preform activities ONLY if symptom free. If the symptoms appear during activity, STOP immediately.

Use suggestions in conjunction with CanChild concussion guidelines available at:

http://www.canchild.ca/en/ourresearch/mild_traumatic_brain_injury_concussion_education.asp

Activity Suggestions for Recovery Steps After Concussion

Teenager (11+)

Step 1 - Rest

- Cellphone (no texting only calling)
- Crafts: molding clay
- Friends visit (one at a time)
- Knitting and quilting
- Listen to Audiobooks
- Meditation
- Nap
- Photography
- Scrapbooking

Step 2 –Light Activity

- Cooking and baking
- Crafts: origami, sculpting
- Go to the beach
- Listen to quiet music (no headphones)
- Magazines
- Poetry
- Puzzles
- Re-read familiar books
- Archery
- Billiards
- Camping
- Croquette
- Darts
- Fishing
- Freestyle Swimming
- Lawn bowling
- Light Jogging
- Playing catch
- Stationary cycling
- Walking
- Yoga (no hot yoga)

Step 3 - Sport-specific Activity

- Crosswords
- Shopping at mall
- Sudoku
- Air hockey or foosball
- Biking
- Calisthenics (stability exercises)
- Curling
- Dribbling, keep-ups and stickhandling
- Golf
- Hiking/orienteering
- Light badminton
- Ping Pong
- Running
- Skating
- Snorkeling
- Tai chi/Karate
- Wii or Xbox Kinect games
- Volleyball (keep ups)
- Windsurfing

Step 4- Non-contact Practice

- Aerobics and plyometrics
- Baseball/Cricket
- Basketball
- Canoeing/kayaking
- Dance and Cheer (no stunts)
- Figure Skating (no jumping)
- Football Drills
- Hockey Drills
- Light Weight Training
- Mountain/rock climbing
- Non-Contact Soccer (no heading)
- Pilates
- Shadow boxing
- Squash or Tennis
- Track and Field
- Volleyball (no diving)

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