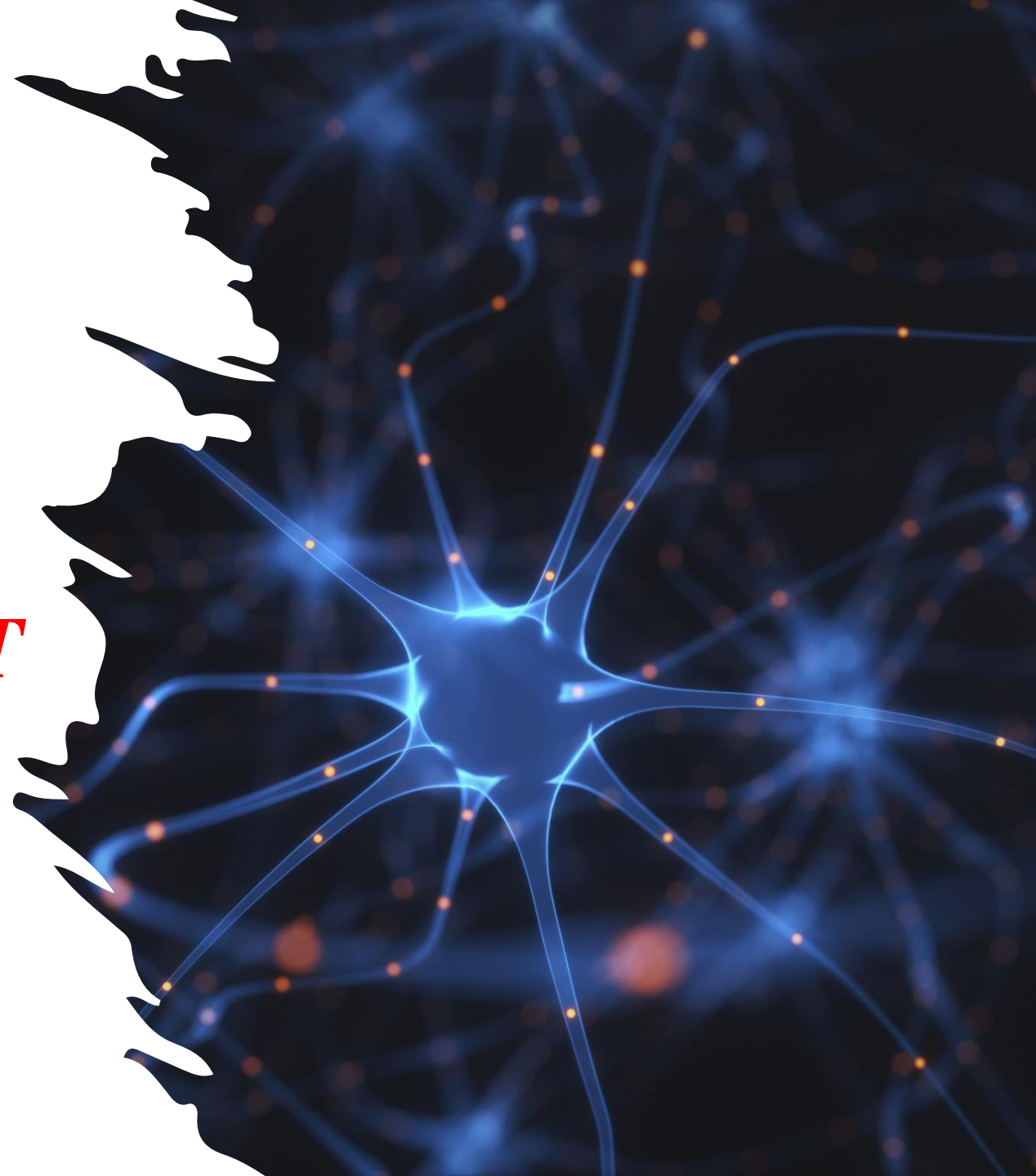




Physical Activity Post Concussion: Applying FITT

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REST

5th International Conference on Concussion in Sport (2016) stated that:

- There is insufficient evidence to support that rest from physical and cognitive activities until symptom free promotes recovery.
- *After a brief period of rest during the acute phase (24-48 hours) after injury, patients can be encouraged to become gradually and progressively more active while staying below their cognitive and physical symptom-exacerbation thresholds.*
- *It is reasonable for athletes to avoid vigorous exercise while they are recovering.*
- *The exact amount and duration of rest is not yet well defined in the literature and requires further study.*



Exercise as Rehab

- May decrease symptoms – including headache and depression
- May contribute to faster return to play
- May increase compliance
- Likely improves social & emotional health of athletes
- Helps maintain some level of physical fitness



Exercise Prescription

- Health Care Provider needs to assess athlete's readiness for exercise
- Should prescribe based on Frequency, Intensity, Time, Type (FITT)
- Must be progressive
- Individualized
- Sub-Symptom Threshold? Or Increase Symptom Score by 1-2?



Frequency

- How many days a week?
- How many times a day?
- Prescribed rest days?



Intensity

- Low or Moderate
- Walking is common, because typically safe, but we can do more
- Can determine by:

Target Heart Rate

Perceived Exertion (RPE)

Symptoms



Rating of Perceived Exertion Chart (Cardiovascular Endurance)

#10		I am dead!!!
#9		I am probably going to die!
#8		I can grunt in response to your questions and can only keep this pace for a short time period.
#7		I can still talk but I don't really want to and I am sweating like a pig!
#6		I can still talk but I am slightly breathless and definitely sweating.
#5		I'm just above comfortable, I am sweating more and can talk easily.
#4		I'm sweating a little, but I feel good and I can carry on a conversation comfortably.
#3		I am still comfortable, but I'm breathing a bit harder.
#2		I'm comfortable and I can maintain this pace all day long.
#1		I'm watching TV and eating bon bons.

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<https://images.squarespace-cdn.com/content/v1/56a83f805827c304cbfbb60c/1599759717204-900AQA8VIERBWT59KYA4/62961aa764488c2e59e3fce5a13778de.gif>

Time

- Progressive – Start low
 - Ex. 10 minutes and add 5 each day
 - Ex. 10 minutes and if no increase in symptoms continue
 - Ex. Range
- If can do 20-30 minutes then increase intensity, frequency, or type



Type

- Aerobic Exercise
- Resistance Exercise is just coming in research
- Depends on equipment available
- Consider safety



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Questions?



Thank You

