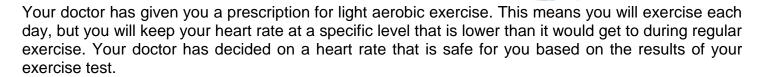
AEROBIC EXERCISE PRESCRIPTION

BMDORTHOPAED



You can perform aerobic exercise how you want (i.e. walking, jogging, stationary cycling), but it is important to avoid a lot of neck motion during exercise. Exercise should include a warm-up, minimum of 20 minutes at the prescribed heart rate, and then a cool-down.

It is very important that you only exercise according to your prescription, and that you follow the instructions given by your doctor very carefully. Even if you start to feel better while you are at home, you should not change the heart rate at which you are exercising until you have seen your doctor again. Each clinical visit, your doctor will see how you are doing and provide a new exercise prescription if you have not recovered.

For this exercise prescription, you will need a heart rate monitor at home. Whenever you are exercising, you will wear the monitor to help you track your heart rate.

Here is your exercise prescription that	you should follow until your next follow-up visit:
Your treadmill test was performed on	
During the treadmill test you showed in	ncreased symptoms at a heart rate of bpm
We would like you to exercise at a hea	ert rate of bpm

When to stop?

If you experience an increase in your current symptoms (by 2 points on a 0-10 scale) or onset of two new symptoms of concussion while exercising at home and cannot continue, please stop for that day and try again the following day. If you experience a prolonged or severe increase of your concussion-related symptoms during exercise, then do not perform the prescribed exercises and contact your doctor.

