

AEROBIC EXERCISE PRESCRIPTION For patients below 5'10"



Your doctor has given you a prescription for light aerobic exercise. This means you will exercise each day, but you will exercise at a specific intensity that is lower than regular exercise. Your doctor has decided on an intensity that is safe for you based on the results of your exercise test.

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 intensity, 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. Your doctor has decided on an initial exercise intensity based on the results of your exercise test. You can begin exercising using either a treadmill or stationary bike. Please choose the treadmill incline that is most comfortable for you. **0° incline and outdoor cycling are not recommended.** If you can exercise for two days straight without any increase in symptoms, then you may attempt the next stage. Your goal is to gradually increase your exercise intensity until you can exercise without any increase in symptoms. You can use Daily Symptom Diary on the next page to track your progress.

BCTT* Stage of Symptom Exacerbation	Prescribed METs** for Stationary Bike	Treadmill Prescription Set your treadmill to the appropriate grade and speed (mph) according to the results of your BCTT		
		<u>1° Incline</u>	<u>3° Incline</u>	<u>5° Incline</u>
Stage 1	3.1	1.3mph	1.2mph	1.1mph
Stage 2	3.6	1.6mph	1.5mph	1.4mph
Stage 3	4.1	1.9mph	1.8mph	1.7mph
Stage 4	4.7	2.3mph	2.1mph	1.9mph
Stage 5	5.2	2.6mph	2.4mph	2.2mph
Stage 6	5.8	3.0mph	2.7mph	2.5mph
Stage 7	6.3	3.3mph	3.0mph	2.8mph
Stage 8	6.9	3.6mph	3.4mph	3.1mph
Stage 9	7.4	4.0mph	3.7mph	3.4mph
Stage 10	8.0	4.3mph	4.0mph	3.7mph
Stage 11	8.5	4.7mph	4.3mph	4.0mph
Stage 12	9.1	5.0mph	4.6mph	4.3mph
Stage 13	9.6	5.3mph	4.9mph	4.6mph
Stage 14	10.1	5.7mph	5.2mph	4.8mph
Stage 15	10.7	6.0mph	5.6mph	5.1mph

* The Buffalo Concussion Treadmill Test (BCTT) was designed to test patients exercise tolerance in response to a suspected concussion. Exercise prescriptions are routinely formulated from a patient's heart rate during the BCTT. The above chart is to be used as a reference in absence of a heart rate monitor. Supervised exercise is advised.

** Metabolic Equivalent of Task (MET) is an objective measure of energy expenditure and is often used to convert between exercise modalities. After entering your weight, the majority of stationary bikes and elliptical machines are able to calculate your energy expenditure in METs. This will allow you to customize your prescription to the exercise modality of your choosing.

Daily Symptom Diary

Day	Attempted stage	How were your symptoms (1-10) before exercise?	How were your symptoms (1-10) during exercise?	What stage will you be attempting tomorrow?
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

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 an increase of 3-points or more, then attempt an easier stage the following day. If you experience a prolonged or severe increase of your concussion-related symptoms during exercise or after exercise, then do not perform the prescribed exercises and contact your doctor.

Rate Your Overall Condition

Choose a number from 0 to 10 and describe your condition.

