

AEROBIC EXERCISE PRESCRIPTION



Your doctor has given you a prescription for light aerobic exercise. This means you will exercise each day, but you will keep your heart rate at a specific level that is lower than it would get to during regular exercise.

It is very important that you only exercise according to your prescription, and that you follow the instructions given by your doctor very carefully. Using the table below, calculate your age appropriate maximum heart rate and subsequent stages (Stage 1 – 7). Begin by exercising at 50% (Stage 1) of your maximum heart rate. 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.

Your goal is to gradually increase your exercise intensity until you can exercise up to 80% of your age-appropriate maximum heart rate without any increase in symptoms using the criteria explained in the next page. You can use the Daily Symptom Diary below to track your progress.

For this exercise prescription, you will need a heart rate monitor to monitor your heart rate.

Age	Predicted HR _{max} *	Stage 1 (50%)	Stage 2 (55%)	Stage 3 (60%)	Stage 4 (65%)	Stage 5 (70%)	Stage 6 (75%)	Stage 7 (80%)
	220 - age	HR _{max} X 0.50	HR _{max} X 0.55	HR _{max} X 0.60	HR _{max} X 0.65	HR _{max} X 0.70	HR _{max} X 0.75	HR _{max} X 0.80

**maximal heart rate predicted by conventional Karvonen method (220 – age)*

Daily Symptom Diary

Day	Attempted stage	Target Heart rate	How were your symptoms (1-10) before exercise?	How were your symptoms (1-10) during exercise?	What stage will you be attempting tomorrow?*
1	1 (50%)				
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

**The following days' stage is dictated by the difference between symptom scores before and during exercise.*

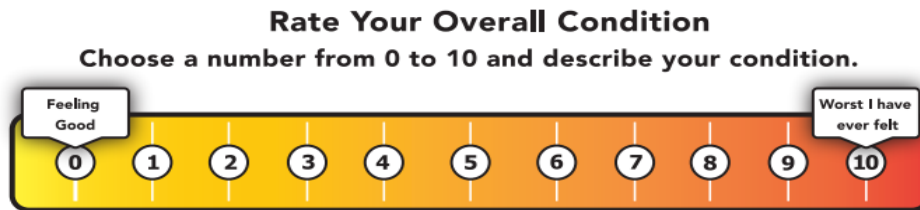
When to stop?

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 or after exercise, then do not perform the prescribed exercises and contact your doctor.

When to progress?

If you are able to exercise for 20 minutes without any increase in symptoms at a specific stage, then you may attempt the next stage the following day. If you have a mild increase in symptoms (either 1 or 2 point increase out of 10) then remain at same stage until you can exercise without any increase in symptoms. If you experience an increase of 3-points or more, then attempt an easier stage the following day. Please see following table.

Daily outcomes based on symptom score increase during exercise	
0	Continue to next stage
1	Remain at same stage until 2 continuous days without symptom increase
2	Remain at same stage until 2 continuous days without symptom increase
3+	Attempt previous stage



Note: Exercise prescriptions are routinely formulated from a patient's heart rate during a progressive exercise test. The above chart is to be used as a reference in absence of such test. Supervised exercise is advised.