

Research Matters

Rest and Exercise

RECOMMENDATIONS ON REST AFTER SPORT-RELATED CONCUSSION (SRC)

- Strict rest until complete resolution of concussion symptoms is not beneficial.
- Relative rest, including daily activities and reduced screen time, is advised immediately and for up to 2 days post-injury.

PHYSICAL ACTIVITY (PA) AFTER CONCUSSION

- Light-intensity PA, like walking that doesn't exacerbate symptoms, is allowed within the first 24-48 hours post-concussion.
- Clinicians should recommend a return to PA (e.g., walking, stationary cycling) after 24-48 hours, avoiding the risk of contact, collision or fall.

COGNITIVE EXERTION AND SCREEN TIME

- Reduced screen use is recommended for the first 48 hours post-injury but may not be effective beyond that period.

ADVANCING EXERCISE INTENSITY

- Individuals can increase their exercise intensity based on symptom exacerbation from the previous aerobic exercise session.

PRESCRIBING AEROBIC EXERCISE

- Health Care Professionals (HCPs) with exercise testing capabilities can prescribe subsymptom threshold aerobic exercise within 2-10 days post-SRC.
- This is based on an individual's heart rate threshold (HRt) that doesn't cause significant symptom exacerbation during the test.
- The exercise can be progressed based on new HRt from repeat testing (every few days to every week).

ATHLETES AND EXERCISE PROGRESSION

- Athletes can continue or increase the duration and intensity of PA or prescribed aerobic exercise if:
 - There's a mild increase (no more than 2 points compared to pre-exercise) in symptoms.
 - The increase in symptoms is brief (1 hour).
- This approach is effective for recovery in athletes with symptoms lasting longer than 1 month.

SAFETY PRECAUTIONS

- Individuals should avoid risks of reinjury (contact collision or fall) until deemed safe by a qualified HCP.
- Sleep disturbances within 10 days post-SRC can increase the risk of persistent symptoms and may need evaluation and treatment.

REFERENCE

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