

There should be approximately 24 hours (or longer) for each stage, and the athlete should return to previous stages if symptoms recur. Resistance training should only be added in the later stages.

Rehabilitation stage		Functional exercise at each stage of rehabilitation	Success goal of each stage
No activity		Complete physical and cognitive rest	Recovery (Symptom free at rest)
B Bike	Light aerobic exercise	Stationary cycling keeping intensity <70% maximum predicted heart rate	Increase heart rate without symptoms
		No resistance training	
R Run	Aerobic exercise	Running >70% maximum predicted heart rate	Increase heart rate without symptoms
A Agility	Sport-specific exercise	Agility Drills. No head impact activities.	Add movement without symptoms
I "In Red"	Non-contact training drills	Progression to more complex training drills, eg passing drills in football and ice hockey	Exercise, coordination, and cognitive load without symptoms
		May start progressive resistance training)	
N No Restrictions	Full contact practice	Following medical clearance participate in normal training activities	Restore confidence and assess functional skills by coaching staff without symptoms
G Game Play	Return to play	Normal game play	