



Recovery Recommendations

As a concussed athlete/patient, there are several stressors that must be monitored you go through the recovery process. Physical, Mental and Sensory stress are possible triggers that may cause your symptoms to appear, worsen or slow down the recovery process. Limiting or eliminating these stressors can be beneficial in optimizing recovery time. The AdventHealth Sports Concussion Program understands the high demands for performance in academics/employment and extracurricular activities by the concussed athlete/patient. Considering this, we recommend relative rest and therefore ask that you follow these guidelines for recovery.

DO NOT participate in the following physical activities:

- Games
- Practices
- Warm-ups
- Conditioning
- Horseplay
- Weights training or other heavy lifting
- Activity that elevates your heart rate or is physically strenuous
- Getting hit in the head

LIMIT the following mental stressors:

- Movies (especially 3-D or IMAX movies)
- Video games (NO Minecraft, No Fortnite, No Madden, etc....Not in an arcade, Not on a desktop, laptop, tablet, phone, big screen, handheld)
- Computer usage
- Phone use – texting, talking, playing games, etc..
- Social networking activities
- Television
- Listening to loud music
- Noisy environments
- Bright environments (use sunglasses and a hat with visor if able)
- Studying for extended periods of time; take breaks
- Mentally exhausting activities

All the items listed above have the potential to exacerbate your symptoms, which will cause a delay in returning to a normal routine. If the athlete/patient can limit and/or avoid mentally and physically taxing activities, it will be beneficial in his or her recovery process. If you have any questions, please contact the AdventHealth Sports Concussion Program at: **407-303-6136**.

Thank You,
AdventHealth Sports Concussion Team