Concussion Treatment & Rehabilitation

360 concussion care

Sub-Symptom Threshold Activity

- You can progress through stages of your recovery while you still have some symptoms.
- It is an important part of your recovery to continue with your daily tasks and physical activity.
- These can be completed at something called a "sub-symptom threshold".
- The Red Zone is when your symptoms worsen or you develop new symptoms while doing an activity.

What does Sub-symptom Threshold Activity look like?

Current Activity Pattern

Target Activity Pattern

Long Term Activity Goal
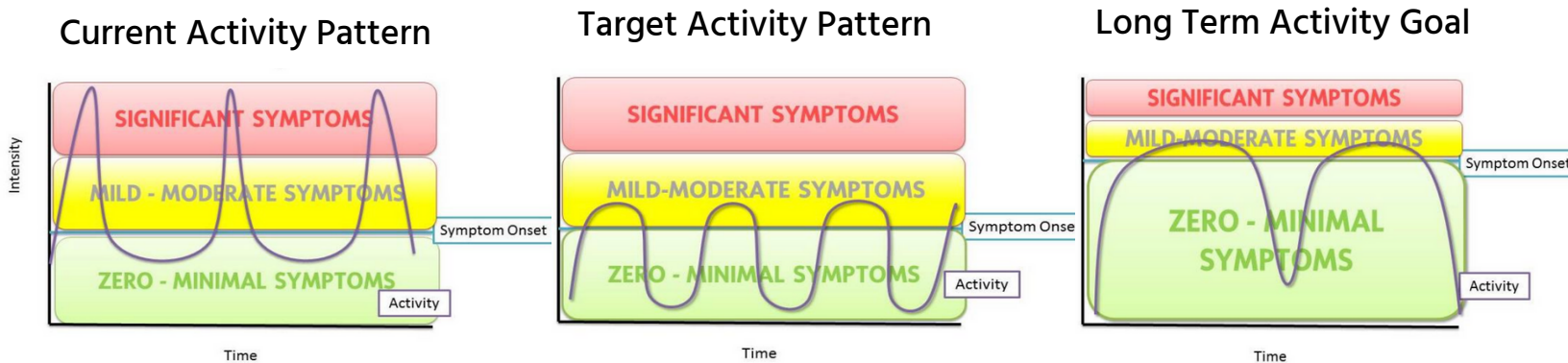
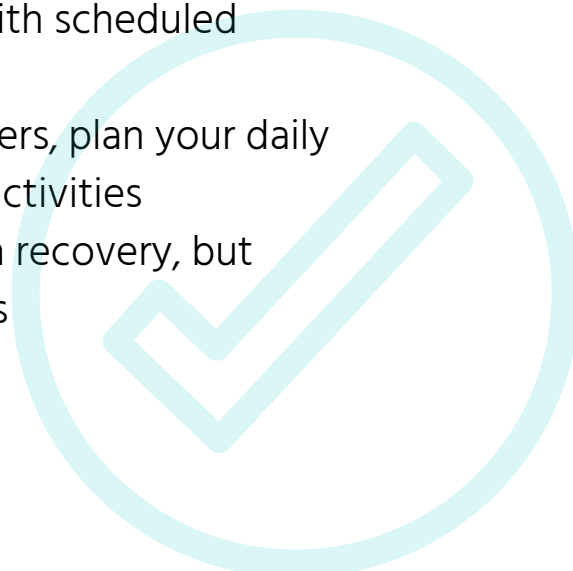Activity patterns developed by Parkwood Hospital outpatient ABI team

Doing too much or "pushing through' can make your symptoms worsen and take many hours or days to recover from. This may prolong your recovery.

With planning and pacing you will be able to engage in activities for longer without new or worsening symptoms.

Remaining below the symptom threshold and stopping activities before entering the red zone helps to support your recovery.

Concussion Treatment & Rehabilitation

Green and Yellow Zone Strategies

- Shorter bouts of exercise, cognitive activities, or screens with rest in between
- Switching between different kinds of activities (e.g. reading to walking)
- Complete structured and paced activities with scheduled breaks throughout the day
- Use planner/ agenda/ technology to set timers, plan your daily walks, use as a memory aid, and track your activities
- Remember: doing nothing will not help with recovery, but doing too much can prolong your symptoms

Additional Resources:

- www.cattonline.org
- www.parachute.ca/concussion
- https://braininjuryguidelines.org/concussion/fileadmin/media/appendices/appendix-2-2.pdf
- https://www.sjhc.london.on.ca/regional-acquired-brain-injury-outpatient-program/patients/activity-and-exercise
- https://www.sjhc.london.on.ca/regional-acquired-brain-injury-outpatient-program

RA CENTRE, 2451 RIVERSIDE DR.
OTTAWA, ON, K1H 7X7
info.ottawa@360concussioncare.com
613-668-0360
Website: www. 360concussioncare.com

40 HOLLY ST., SUITE 901
TORONTO, ON, M4S 3C3
info.toronto@360concussioncare.com
416-816-0775
Website: www.360concussioncare.com

77 CITY CENTRE DR., SUITE 604
MISSISSAUGA, ON, L5B 1M5
info.toronto@360concussioncare.com
416-816-0775
Website: www.360concussioncare.com