

Recovery Phase - Example

Physical Activity

Day 1: Joe has a headache that scores 2 /10, he goes for a 10 minute walk on flat ground. As he walks he notices that his headache is getting slightly worse. By the end of the 10 minutes his headache score is 4/ 10, and within an hour of completing his walk the headache has settled back to 2 /10.



Day 2: Given yesterday's result Joe decides to attempt a 15 minute walk. His headache score is 2 / 10 before he sets off on his walk. Again he notices that his headache increases as he walks but he is able to complete the 15 minutes and at the end of his walk his headache score is 4 / 10, and has settled back to 2 / 10 within an hour of him finishing his walk.



Day 3: Joe decides to try walking for 20 minutes. His headache is 2 /10 at the start of his walk, he notices it increasing as he walks and after 17 minutes it has reached 5 / 10 so Joe stops walking and rests for the remainder of the day. His headache returns to 2 /10 about an hour after he finishes his walk.



Day 4: Joe knows that the attempt to walk for 20 minutes increased his headache by 3 points so he returns to the 15 minute walk that he was able to do on day 2. His headache is 2 /10 at the start of his walk and 4 / 10 by the end of the walk and settles back to 2 / 10 within an hour of competing his walk.



Sourced from ACC8319 Concussion Education Sheet

Day 5: Joe decides that he will stick to the 15 minute walk again today and has the same result as yesterday, ie a 2 point increase in headache that settled back to pre-activity level within an hour of completing the activity.



Day 6: Joe attempts the 20 minute walk again. His headache is 2 / 10 before he starts walking and increases to 4 / 10 as he walks but he is able to complete the 20 minutes without it getting worse than 4 / 10 and it settles back to 2 / 10 within an hour of him stopping the activity.



Day 7: Joe sticks to the 20 minute walk with the same result as on day 6.



Day 8: Joe decides to increase the intensity of his activity rather than the time, so this time he does a 20 minute walk but walks faster and further in the 20 minutes. Again his headache is 2/10 at the start of the walk, increases as he walks to 4/10 by the end of the 20 minutes and settles to 2/10 within an hour of completing his walk.



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