



## Return to Synchro Concussion Progress Tracker

Athlete Name: \_\_\_\_\_ Date of Injury: \_\_\_\_\_

### Stage One: Physical and Cognitive Rest

Date Started: \_\_\_\_\_ Date Completed: \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date of Medical Clearance: \_\_\_\_\_

### Stage Two: Light Aerobic Exercise ( $\leq 70\%$ Max HR)

Date Started: \_\_\_\_\_ Date Completed: \_\_\_\_\_

#### Activity Checklist:

##### Stationary Cycling

- 15 min
- 20 min
- 25 min
- 30+ min

##### Walking

- 15 min
- 20 min
- 25 min
- 30+ min

##### Kick

- 200m
- 400m
- 500m



Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Stage Three: Synchro-Specific Activity**

Date Started: \_\_\_\_\_

Date Completed: \_\_\_\_\_

**Activity Checklist:**

- Jogging
- Swimming (no turns)
  - Freestyle
  - Backstroke
  - Breaststroke
  - Butterfly
- Horizontal sculling
- Ballet legs
- Eggbeater
- Body boosts
- Land drill (no heads)

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Stage Four: Non-Contact Synchro Training Drills**

Date Started: \_\_\_\_\_

Date Completed: \_\_\_\_\_

**Activity Checklist:**

- Flip turns
- Inverted Technical Drills
- Figure parts
- Routine parts (out of pattern)

Comments: \_\_\_\_\_  
\_\_\_\_\_

**Stage Five: Full-Contact Synchro Practice**

Date Started: \_\_\_\_\_

Date Completed: \_\_\_\_\_



**Activity Checklist:**

- Whole figures**
- Routine Swim-Throughs**
- Pattern Swimming**
  - Half laps**
  - Full laps**
  - Halves**
  - Full swim through**

**Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Stage 6: Full Return to Synchro**

**Date Reached:** \_\_\_\_\_