

# Return to riding pathway

Rehab Stage	Time Period	Suggested Activity	Objective
Stage 1 Complete rest	48hours post concussion	No activity at this stage	Recovery
Stage 2 Light physical activity	48-72 hours post concussion	Short bouts of light activity at a level where you can speak in short sentences, such as walking at a comfortable pace, easy stationary bike or light swimming. This can increase gradually over the following days. No resistance training or high-intensity exercise.	Increase heartrate without any increase in symptoms
Stage 3 Sport specific exercises	Not before day 7 post concussion	No activity that could result in head impact. Exercises could include walking/jogging a course or pattern without a horse, grooming, stretching or practicing riding position. Helmet use when in contact with horse. No resistance training or high-intensity training.	Add head movement and improve balance
Stage 4 Training drills	Not before day 14 post concussion	Progression to more complex training drills, which may include resistance training and increasing the intensity of exercise. Exercises could include yard chores, grooming or groundwork.	Exercise, coordination and cognitive load
Stage 5 Full practice	Not before day 21 post concussion	Resume full schedule of riding on a suitable horse in calm weather conditions (no young or spooky horses).No unsupervised riding or competitions. Helmet use mandatory	Restore confidence and assess functional skills
Stage 6 Return to regular riding	Following Stage 5	Return to competition if applicable	Recover