



## Gradual Return to Sports after COVID-19

At Anderson Hills Pediatrics, we understand that getting back to sports, and being active is very important to you. In some cases, infection with COVID-19 has been associated with a heart condition called myocarditis (an inflammation of the heart muscle). We want to ensure you are returning in the safest way possible after you have tested positive for COVID-19.

Your physician has examined and cleared you to return to sports on a gradual progression scale. The progression should be performed over the course of a 7 day minimum.

### Stages of Gradual Progression

**Stage 1: Day 1 and 2 – (2 Days Minimum) – 15 minutes or less:** Light activity (ie. walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training. Acceptable rate of exertion: Light activity, feels like you can maintain for hours, easy to breathe, and carry a conversation. No resistance exercises.

**Stage 2: Day 3 – (1 Day Minimum) – 30 minutes or less:** Add simple movement activities (ie. running drills) - intensity no greater than 80% of maximum heart rate. Acceptable rate of exertion: Breathing heavily, can hold short conversation, still somewhat comfortable, but becoming noticeably more challenging.

**Stage 3: Day 4 – (1 Day Minimum) – 45 minutes or less:** Progress to more complex training – intensity no greater than 80% maximum heart rate. May add light resistance training. Acceptable rate of exertion: Borderline uncomfortable. Short of breath, can speak a sentence.

**Stage 4: Day 5 and Day 6 – (2 Days Minimum) - 60 minutes:** Normal training activity – intensity no greater than 80% maximum heart rate. Acceptable rate of exertion: Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.

**Stage 5: Day 7 – Return to full activity / participation (ie. Contests / competitions).**

Acceptable rate of exertion: Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

Please give this form to your Athletic trainer, or coach.

Call our office if any questions or concerns.

Anderson Hills Pediatrics – 513-232-8100