




RETURN - TO - VISION AND BALANCE 1

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Gaze stabilisation in sitting</p> 	<p>Focus on ball at eye level at arms length. Keep ball in clear focus and stationary. Slowly move head:</p> <ol style="list-style-type: none"> 1. Side to side 2. Up down 	<p>Perform for 60 seconds. Rest 30 seconds. Repeat 3 times for each direction. If ball blurs or moves – slow head down. Increase speed as tolerated.</p>
<p>Sitting supported on firm surface</p> 	<p>Keep head upright. Feet flat on floor, hands supporting. Shift weight to the left - hold and right - hold:</p> <ol style="list-style-type: none"> 1. Side to side 2. Forward backwards 3. Diagonally 	<p>Hold for 15 seconds in each position.</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Standing feet apart</p> 	<p>Look straight ahead at a stationary ball.</p> <p>Position arms:</p> <ol style="list-style-type: none"> 1. Out to side 2. At sides 3. Across chest 	<p>Hold each arm position for 20 seconds.</p>
<p>Standing weight shift feet apart</p> 	<p>Within limits of stability, slowly shift weight:</p> <ol style="list-style-type: none"> 1. Side to side 2. Forwards and backwards 	<p>Hold each position for 10 seconds. Repeat sequence 5 times.</p>
<p>Walking head side to side</p> 	<p>Start on solid surface with head and eyes straight ahead.</p> <p>Start walking, turn head and eyes towards right, then back straight ahead and then toward left.</p>	<p>Repeat left and right sequence 5 times.</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Gaze stabilisation standing</p> 	<p>Feet apart, focus on ball at eye level at arms length. Keep ball in clear focus and stationary. Slowly move head:</p> <ol style="list-style-type: none"> 1. Side to side 2. Up down 	<p>Perform for 60 seconds. Rest 30 seconds. Repeat 3 times for each direction. If ball blurs or moves – slow head down. Increase speed as tolerated.</p>
<p>Sitting with no support on firm surface</p> 	<p>Keep head upright. Feet flat on floor, hands supporting. Shift weight to the left - hold and right - hold:</p> <ol style="list-style-type: none"> 1. Side to side 2. Forward backwards 3. Diagonally 	<p>Hold for 15 seconds in each position.</p>
<p>Standing feet together</p> 	<p>Look straight ahead at stationary ball. Position arms:</p> <ol style="list-style-type: none"> 1. Out to side 2. At sides 3. Across chest 	<p>Hold each arm position for 20 seconds.</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE

Standing weight shift moving arms



DESCRIPTION

Shift weight forward bringing arms back, hips forward over toes until heels rise off floor.
Return to starting position.
Shift weight backward bringing arms forward, hips back over heel until toes rise off floor.

PRESCRIPTION

Repeat sequence 5 times.

Walking on compliant surface



Walk on 3m foam balance beam turning at the end, returning to starting point.
Walk:
1. Forwards
2. Backwards

Repeat forward and backwards sequence 3 times each.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Eye smooth pursuits in standing</p> 	<p>Hold a ball at arms length, eyes fixed on it. While head stays still. Move ball in each direction:</p> <ol style="list-style-type: none"> 1. Side to side 2. Up and down 	<p>Perform for 60 seconds. Rest 30 seconds. Repeat 3 times for each direction. If ball blurs or moves – slow head down. Increase speed as tolerated.</p>
<p>Sitting on compliant surface (foam / pillow)</p> 	<p>Keep head upright. Feet flat on floor, hands out in front. Shift weight:</p> <ol style="list-style-type: none"> 1. Side to side - hold 2. Forward backwards - hold 3. Diagonally - hold 	<p>Hold for 15 seconds in each position.</p>
<p>Standing partial tandem</p> 	<p>1 foot partially in front of other, look straight ahead at stationary ball:</p> <ol style="list-style-type: none"> 1. Arms out to side 2. At sides 3. Across chest 	<p>Hold each arm position for 20 seconds.</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Standing lateral weight shift</p> 	<p>Feet shoulder width apart, shift weight over right leg, bending head and trunk slightly to left. Return to starting position. Shift weight over left leg, bending head and trunk slightly to right.</p>	<p>Repeat sequence 5 times.</p>
<p>Walking on compliant surface head side to side</p> 	<p>Walk on 3m foam balance beam, turning at the end, returning to starting point. Walk: 1. Forwards 2. Backwards</p>	<p>Repeat forward and backwards sequence 3 times each.</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE

Eye saccades sitting and standing



DESCRIPTION

Hold 2 stationary balls 30 cm apart at eye level at arms length. Move eyes first slowly, then quicker from target to target. Keep head still.

PRESCRIPTION

Perform for 30 seconds. Rest for 15 seconds. Repeat the sequence 3 times.




Sitting on firm surface



With feet flat on floor, move both arms in the following sequence 1 – 3:
1. Front
2. Sides
3. Diagonally




1 sequence = movement directions 1 – 3. Perform 10 sequences. Increase speed as tolerated

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Standing tandem</p> 	<p>One foot directly in front of other, look straight ahead at stationary ball, arms:</p> <ol style="list-style-type: none"> 1. Out to side 2. At sides 3. Across chest 	<p>Hold each arm position for 20 seconds.</p>
<p>Standing single step</p> 	<p>Take 1 step at a time with each leg. Return to starting position:</p> <ol style="list-style-type: none"> 1. Forward and backwards 2. Sideways 	<p>Perform sequence 5 times. On firm surface, then on foam / pillow.</p>
<p>Tandem gait on a firm surface</p> 	<p>Walk along a 1 cm wide - 3m straight line.</p> <p>Arms</p> <ol style="list-style-type: none"> 1. Arms out to side 2. At sides 3. Across chest 	<p>Turn around then return to starting point. Perform in each arm position 1 – 3.</p>



Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Eye corrective saccades sitting</p> 	<p>Hold two balls 30 cm apart at eye level at arms length. Head still, eyes left then head left. Eyes quickly right, then head right:</p> <ol style="list-style-type: none"> 1. Side by side 2. Up down 	<p>Repeat the sequence in each direction for 60 seconds.</p>
<p>Sitting on compliant surface (foam / pillow)</p> 	<p>With feet flat on floor, move both arms in the following sequence 1 – 3:</p> <ol style="list-style-type: none"> 1. Front 2. Sides 3. Diagonally 	<p>1 sequence = movement directions 1 – 3. Perform 10 sequences. Increase speed as tolerated</p>
<p>Standing feet together on compliant surface (foam / pillow)</p> 	<p>Look straight ahead at stationary ball, arms:</p> <ol style="list-style-type: none"> 1. Out to side 2. At sides 3. Across chest 	<p>Hold each arm position for 20 seconds.</p>








Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Standing in place then turn</p> 	<p>Lead with head first. Then turn slowly towards right, then left:</p> <ol style="list-style-type: none"> 1. Quarter turns 2. Half turns 3. Full turns 	<p>Repeat each cycle (1-3) 3 times. First with eyes open. If tolerated perform with eyes closed.</p>
<p>Walking obstacle course</p> 	<p>Create a 5 meter obstacle course around and over objects. Walk the course:</p> <ol style="list-style-type: none"> 1. Forwards 2. Backwards 	<p>Repeat the course forwards and backwards 3 times each.</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Eye convergence sitting</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>Hold ball at eye level at arms length away. Keep ball in focus. Move ball towards nose, then back to arms length. First slowly, then increasing speed.</p>	<p>Perform 10 reps. Eyes to stay comfortable, ball clear.</p>
<p>Sitting on firm surface</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>Pick up ball located down on right, then place up on left. Then pick up a ball located down on left and place up on right.</p>	<p>Repeat 10 times in each left and right direction. Use athletes sport specific ball. Increase speed as tolerated.</p>
<p>Standing tandem on compliant surface (foam / pillow)</p> <div style="display: flex; justify-content: space-around;">    </div>	<p>1 foot directly in front of other, look straight ahead at stationary ball:</p> <ol style="list-style-type: none"> 1. Arms out to side 2. At sides 3. Across chest 	<p>Hold each arm position for 20 seconds.</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE

Standing in place on compliant surface (foam / pillow) and then turn



DESCRIPTION

Lead with head, then turn slowly towards right, then left:

1. Quarter turns
2. Half turns
3. Full turns

PRESCRIPTION

Repeat each cycle (1-3) 3 times.
First with the eyes open.
If tolerated perform with eyes closed.

Walking stop start on command





Have someone command you to “stop” and “start” on cue.
Walk in straight line at different speeds:

1. Slowly
2. Fast

Walk for ___ minute/s on each surface.
First on firm surface and then on compliant surface (3m balance beam).

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Eye cancellation sitting and standing</p> 	<p>Take a ball, toss from hand to hand, moving the head to follow ball path. Keep ball in focus. Toss ball</p> <ol style="list-style-type: none"> 1. Side to side 2. Up down 	<p>Repeat for 30 seconds in each direction.</p>
<p>Sitting on compliant surface (foam / pillow)</p> 	<p>Pick up ball located down on right and place up on left. Then pick up a ball located down on left and place up on right.</p>	<p>Repeat 10 times in each left and right direction. Use athletes sport specific ball. Increase speed as tolerated.</p>
<p>Standing eyes closed feet together</p> 	<p>Stand upright with arms:</p> <ol style="list-style-type: none"> 1. Out to side 2. At sides 3. Across chest <p>Simultaneously visualizing the positions.</p>	<p>Hold each arm position for 20 seconds.</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Standing in place then turn</p> 	<p>First ¼ turn eyes to ball at eye level. Keeping eyes fixed on ball then ¼ turn head then body in sequence toward the target.</p>	<p>Complete 5 full turn sequences at ¼ turn progression. Increase the speed of the turning sequences as tolerated.</p>
<p>Walking / jogging and ball pickup</p> 	<p>Pick up ball, then carry for ____ metres, next place ball back on ground.</p> <ol style="list-style-type: none"> 1. Walking 2. Walking fast 3. Jogging 	<p>Perform 5 ball pick-ups with each speed 1 – 3, as tolerated.</p>



Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Gaze stabilization sitting</p> 	<p>Hold ball at eye level at arms length. Move head in 1 direction first, then ball in opposite direction:</p> <ol style="list-style-type: none"> 1. Side to side 2. Up down 	<p>Perform for 30 seconds. Rest 30 seconds. Repeat 3 times for each direction. If ball blurs or moves – slow head down. Vary speed accordingly.</p>
<p>Sitting throwing and catching ball (sport specific ball if applicable)</p> 	<p>Vary direction and speed of ball thrown:</p> <ol style="list-style-type: none"> 1. Up in air 2. At wall 3. To another person 	<p>Perform 10 repetitions for each scenario 1 - 3.</p>
<p>Standing tandem eyes closed</p> 	<p>1 foot directly in front of other, eyes closed, visualize upright position, arms:</p> <ol style="list-style-type: none"> 1. Out to side 2. At sides 3. Across chest 	<p>Hold each arm position for 20 seconds.</p>



Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Standing march and ball throw</p> 	<p>Keep eyes on ball throughout activity. While marching in place, catch a ball:</p> <ol style="list-style-type: none"> 1. From hand to hand 2. Against a wall 3. From another person 	<p>Catch the ball 15 times for each variation 1 – 3.</p>
<p>Walking circles</p> 	<p>1st making a large circle. Gradually decrease circle size to smaller circle. Start to left side, repeat to right side.</p>	<p>Make 2 circles to each left and right side. Increases speed as tolerated.</p>




Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Gaze stabilization standing</p> 	<p>Feet apart, hold ball at eye level at arms length. Move head in 1 direction first, then ball in opposite direction:</p> <ol style="list-style-type: none"> 1. Side to side 2. Up down 	<p>Perform for 30 seconds. Rest 30 seconds. Repeat 3 times for each direction. If ball blurs or moves – slow head down. Vary speed accordingly.</p>
<p>Sitting on compliant surface (foam / pillow) throwing / catching ball (sport specific ball if applicable)</p> 	<p>Vary direction and speed of ball thrown:</p> <ol style="list-style-type: none"> 1. Up in air 2. At a wall 3. To another person 	<p>Perform 10 repetitions for each scenario 1 - 3.</p>

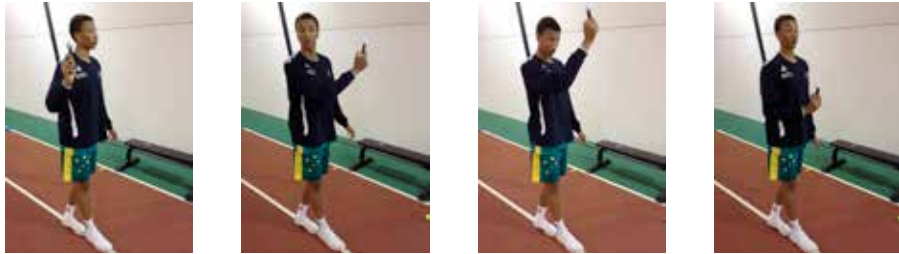


Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Standing feet together on foam eyes closed</p> 	<p>1 foot directly in front of other, eyes closed, visualize upright position, arms.</p> <ol style="list-style-type: none"> 1. Out to side 2. At sides 3. Across chest 	<p>Hold each arm position for 20 seconds.</p>
<p>Standing ball kick</p> 	<p>Standing on alternate legs, kick a ball back to starting position. Maintain balance over standing leg when:</p> <ol style="list-style-type: none"> 1. A person rolls ball 2. Kicking ball against wall 	<p>Perform 5 - 10 kicks on alternate leg standing positions for 1 and 2.</p>
<p>Walk / jogging ball bounce</p> 	<p>Keep eyes on ball throughout. While bouncing ball on ground at same time:</p> <ol style="list-style-type: none"> 1. Walk forward 10m then backward 10m 2. Jog forward 10m then backward 10m 	<p>Complete 3 walking and jogging skills each. Rest for 15 seconds after each skill.</p>



Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Gaze stabilization standing</p> 	<p>In tandem stance, hold ball at eye level at arms length. Move head first, then ball in opposite direction:</p> <ol style="list-style-type: none"> 1. Side to side 2. Up down 	<p>Perform for 30 seconds. Rest 30 seconds. Repeat 3 times for each direction. If ball blurs or moves – slow head down. Vary speed accordingly.</p>
<p>Sitting eyes closed on compliant surface (foam / pillow)</p> 	<p>Keep head upright. Feet flat on floor, hands out in front. Shift weight and hold:</p> <ol style="list-style-type: none"> 1. Side to side 2. Forward backwards 3. Diagonally 	<p>Hold for 10 seconds in each position.</p>
<p>Standing on compliant surface (foam / pillow)</p> 	<p>Vary direction and speed of ball thrown:</p> <ol style="list-style-type: none"> 1. At a wall 2. Up in air 3. To another person 	<p>Perform 10 repetitions each for 1 – 3.</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.

Name: _____ Sport: _____ Date: _____

EXERCISE	DESCRIPTION	PRESCRIPTION
<p>Standing postural perturbations</p> <div style="display: flex; justify-content: space-around;">  </div>	<p>Maintain balance by taking one quick step only if needed. Stand feet apart. A person pushes you unexpectedly through the trunk:</p> <ol style="list-style-type: none"> 1. Forward or backward 2. From the side 	<p>5 pushes on solid surface, eyes open and then closed. 5 pushes on compliant surface, eyes open and then closed. Total = 20 pushes.</p>
<p>Sports specific skills</p> <div style="display: flex; justify-content: space-around;">  </div>	<p>Allow athlete to perform a chosen sports specific skill. Include a quick reaction time skill.</p>	<p>Perform this for: ____ repetitions Or ____ minutes Increase speed of drill as tolerated</p>

Any person with starting or worsening symptoms of concussion → stop the session → rest 24hrs → return to that specific session number.