

After an injury there are certain activities that are unsafe. You will want to get your doctor’s permission before going back to certain high-risk activities. It is important to remember that not all these recommendations are forever. The first year is especially important in remaining safe as your brain heals.

Unsafe Activities	Recommended Activities
<p>DRIVING ATV's ROLLERCOASTERS COMPETITIVE CONTACT SPORTS HUNTING RIDING A BICYCLE DRINKING ALCOHOL SMOKING TOBACCO AND OTHER DRUGS JETSKIING SKATEBOARDING WATERSKIING BOATING ROLLERBLADING MOWING THE LAWN USING POWER TOOLS RIDING HORSES USING THE STOVE UNATTENDED</p> <p>**A good rule of thumb is if it has a motor or “on” button ask first. **</p>	<p>YARD GAMES (BOCCE, CORNHOLE, LADDERBALL) MODIFIED EXERCISE PROGRAM SWIMMING LIGHT COOKING ART/PHOTOGRAPHY MUSIC GARDENING BOARD GAMES INTERACTIVE VIDEO GAMES (WII: DANCING, BIG BRAIN ACADEMY, WII FIT, SPORTS- KINNECT: SPORTS, GUITAR HERO) BILLIARDS BOWLING READING COMPUTERS COMMUNITY OUTINGS (MOVIES, LIBRARY, RESTAURANTS, ZOO, MALLS, MUSEUMS, PARKS) TRAVEL</p>

Additional Comments:

