Fitness After Brain Injury

Practical tips for safely resuming exercise after TBI

CONCUSSION & CTE FOUNDATION

Created by: Emma Tinney/Northeastern University

Start Slow & Listen to Your Body

- Begin with low-impact activities like walking, gentle yoga, or seated exercises.
- Pay attention to signs of fatigue, dizziness, or headache, and adjust accordingly.

Create a Structured Routine

- Use reminders, apps, or written schedules to keep track of workouts.
- Set small, achievable goals to build consistency and confidence.

Incorporate Balance & Coordination Training

- Exercises like tai chi or stability ball movements can help improve balance and reduce fall risk.

Modify Workouts to Accommodate Physical Challenges

- Adaptive equipment and seated exercises can provide accessible options.
- Resistance bands and body-weight movements can help rebuild strength safely.

Engage in Social or Supervised Exercise

- Working out with a friend, caregiver, or physical therapist can provide motivation and support.
- Group classes tailored to individuals with neurological conditions may offer a sense of community.

Questions? Go to ConcussionAndCTE.org or scan QR code