Buffalo Concussion Treadmill Test

Name:	DOB:	Supervising Provider Name:	
Symptoms at rest (VAS):			Resting HR:

^{**}If participant reaches maximal incline of 15 on treadmill, increase speed by 0.4 mph each minute.

Min	Speed (mph)	Incline	Heart Rate (bpm)	BP (mmHg)	RPE	Visual Analogue Scale (VAS)	Symptoms/Observations
0		0			N/A		
1		1					
2		2					
3		3					
4		4					
5		5					
6		6					
7		7					
8		8					
9		9					
10		10					
11		11					
12		12					
13		13					
14		14					
15		15					

Adapted from "Exercise is Medicine for Concussion" by J. J. Leddy, M. N. Haider, M. Ellis, and B. S. Willer, 2018, Current Sports Medicine Reports, 17(8), p. 263. Copyright 2018 by the American College of Sports Medicine.



^{*}Speed should be a brisk walk & adjusted according to height: $<5'10'' \rightarrow 3.2 \text{ mph}; =/>5'10'' \rightarrow 3.6 \text{ mph}; \text{ modify for comfort & athletic status.}$

Min	Speed (mph)	Incline	Heart Rate (bpm)	BP (mmHg)	RPE	Visual Analogue Scale (VAS)	Symptoms/Observations
16		15					
17		15					
18		15					
19		15					
20	45 · · · M II	15				G W.H. 2010 G	

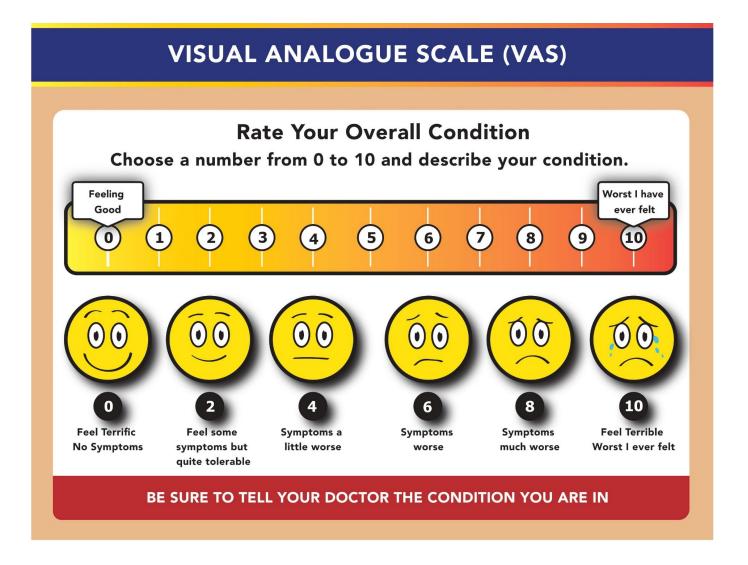
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Maximum HR at Symptom Exacerbation: _	bpm
Exercise Prescription:	

Signature of Healthcare Provider



Visual Analogue Scale (VAS)



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Rate of Perceived Exertion Scale (RPE)

Rating of Perceived Exertion / The Borg Scale					
Green	6	Zero exertion			
	7	Extremely light			
	8	Minimal recognition of effort			
	9	Very light exertion (Comfortable walking pace)			
V-II-	10	Can just start to hear your breathing			
Yellow	11	Conversation is easy and you can run like this for a while			
	12	Light exertion			
	13	Somewhat hard			
0	14	You can hear your breathing but you're not struggling			
Orange	15	You can talk but not in full sentences			
	16	Hard work			
Red	17	Very hard - Starting to get uncomfortable			
	18	You can no longer talk because of your breathing			
	19	Extremely hard – Your body is screaming at you			
	20	Maximal exertion			

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