

Suggestions of physical activities/sports participation for people with epilepsy or other seizure disorders

Group	Symptomatic seizures	Single unprovoked seizure	Seizure free for at least 12 months	Sleep-related seizures only
1	Yes	Yes	Yes	Yes
2	At neurologist discretion with restrictions*	Yes, after 12 months of seizure freedom	Yes	At neurologist discretion with restrictions*
3	At neurologist discretion with restrictions*	Yes, after 12 months of seizure freedom	Yes	Generally no, but may be considered at neurologist discretion for activities that pose no risk to bystanders*

Group	Seizures without impaired awareness	Seizures with impaired awareness	Epilepsy resolved (no seizures >10 years & no medications >5 years)	During medication withdrawal
1	Yes	Yes, but at neurologist discretion when certain activities precipitate seizures	Yes	Yes, but at neurologist discretion when certain activities precipitate seizures
2	At neurologist discretion with restrictions*	At neurologist discretion with restrictions*	Yes	After appropriate periods following medication cessation*
3	Generally no, but may be considered at neurologist discretion for activities that pose no risk to bystanders*	Generally no, but may be considered at neurologist discretion for activities that pose no risk to bystanders*	Yes	After appropriate periods following medication cessation*

Tables adapted from Capovilla G., et al. (2016). [Epilepsy, seizures, physical exercise, and sports: A report from the ILAE Task Force on Sports and Epilepsy](#). *Epilepsia* 2016; 57: 6-12.

*See text of the publication for more explanation.