



Return to Learn

Activity Suggestions for Each Recovery Stages After Concussion Protocol

AT HOME

STAGE 1

Restrictive cognitive activity

Rest

Work or School work

Reading
Video games

No driving until cleared by a healthcare professional

Cognitive rest

- Basic board games
- Crafts
- Talking on the phone (no texting)

Physical rest

Physical activities that do not increase heart rate or break a sweat

When symptom-free for 24 hours:

Begin STAGE 2

STAGE 2

Gradual reintroduction of cognitive activity

Add cognitive activity

Work or School work

Computer use
Driving

Avoid alcohol, tobacco, caffeine and other stimulant use

Adding cognitive activities

- Gradually build to a 30 minute session

Prior activities plus:

- Easy reading
- Limited TV
- Limited peer contact /social networking

Contact school to create a return to learn plan

When able to tolerate 30 min. of cognitive activity without a break:

Begin STAGE 3

STAGE 3

Homework at home

Increase cognitive stamina with self-paced school work

Avoid prolonged participation in the same type of activities found in Stage 2

Adding homework

- Build to the equivalent of 60 min. of work

Communicate with Staff lead to prepare academic accommodations for the student's return to school

When able to tolerate 1 hour of school work in two 30 min. intervals:

Begin STAGE 4

STAGE 4

Back to school part-time

Begin gradual return to school with maximum academic accommodations

Homework

Tests / exams
Physical education class / Physical exertion
Carrying heavy physical loads (e.g. backpacks)

Attend school with maximum accommodations

- Start with 1 class during a half-day of school
- Allow for limited participation in school-based, extra-curricular activities

When able to tolerate 120 min. of cognitive activity in 30-45 min. intervals

Begin STAGE 5

STAGE 5

Part-time at school

Increase school time with moderate accommodations

Feeling compelled to attend a full week of school

Physical education class / Physical exertion

Gradually start to decrease academic accommodations

- Build to a full day of school with up to 4h of classes

Homework

Build to 30 min. of homework per day

When able to tolerate 240 min. of cognitive activity in 45-60 min. intervals:

Begin STAGE 6

STAGE 6

Full days of school

Work up to full days at school

Standardized tests/exams

More than one test per day
Physical education class / Physical exertion

Gradually eliminate accommodations as tolerated

- Allow for continued increase in participation of school-based, extra-curricular activities
- Allow for classroom testing with adaptations

Homework

Build to one hour per day as tolerated

When able to tolerate school fulltime with no learning accommodations

Begin STAGE 7

STAGE 7

School full-time

Resume full cognitive workload

Full participation in physical education class
Physical exertion (training, sports)

Full days at school with no learning accommodations

- Attend all classes
- Resume all homework
- Resume routine schoolwork
- Resume all previously restricted tests / exams
- Full extracurricular involvement - not including sports or other physical activities

When able to complete a full cognitive workload without any signs or symptoms:
Return to cognitive exertion protocol completed
Begin Stage 8 of the Return to Physical Activity Protocol

Objective of each stage

Activities to be avoided

Acceptable activities at each stage of rehabilitation

Timeline

Note: Each Stage should last at least 24h. Physical activity during Return to Cognitive Exertion Protocol is restricted to walking as tolerated. A Student is tolerating an activity if symptoms are not getting worse.

Adapted from "Return to Learn Communication Tool" by BC Injury Research and Prevention Unit, Concussion Awareness Training Tool