



Return to Learn

Activity Suggestions for Each Recovery Stages After Concussion Protocol

| AT HOME | | AT SCHOOL | |
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| STAGE 1 | Restrictive cognitive activity Rest | STAGE 2 | Gradual reintroduction of cognitive activity Add cognitive activity |
| Objective of each stage | Work or School work Reading Video games No driving until cleared by a healthcare professional | Objective of each stage | Work or School work Computer use Driving Avoid alcohol, tobacco, caffeine and other stimulant use |
| Acceptable activities at each stage of rehabilitation | 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 | Acceptable activities at each stage of rehabilitation | 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 |
| Timeline | When symptom-free for 24 hours: Begin STAGE 2 | Timeline | 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 | STAGE 4 | Back to school part-time Begin gradual return to school with maximum academic accommodations |
| Objective of each stage | Avoid prolonged participation in the same type of activities found in Stage 2 | Objective of each stage | Homework Tests / exams Physical education class / Physical exertion Carrying heavy physical loads (e.g. backpacks) |
| Acceptable activities at each stage of rehabilitation | 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 | Acceptable activities at each stage of rehabilitation | 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 |
| Timeline | When able to tolerate 1 hour of school work in two 30 min. intervals: Begin STAGE 4 | Timeline | 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 | STAGE 6 | Full days of school Work up to full days at school |
| Objective of each stage | Feeling compelled to attend a full week of school Physical education class / Physical exertion | Objective of each stage | Standardized tests/exams More than one test per day Physical education class / Physical exertion |
| Acceptable activities at each stage of rehabilitation | Gradually start to decrease academic accommodations • Build to a full day of school with up to 4h of classes Homework Built to 30 min. of homework per day | Acceptable activities at each stage of rehabilitation | Gradually eliminate accommodations as tolerated • Allow for continued increase in participation of school-based, extra-curricular activities • Allow for classroom testing with adaptations Homework Built to one hour per day as tolerated |
| Timeline | When able to tolerate 240 min. of cognitive activity in 45-60 min. intervals: Begin STAGE 6 | Timeline | When able to tolerate school fulltime with no learning accommodations Begin STAGE 7 |
| STAGE 7 | School full-time Resume full cognitive workload | STAGE 8 | Full days at school with no learning accommodations |
| Objective of each stage | Full participation in physical education class Physical exertion (training, sports) | Objective of each stage | Attend all classes Resume all homework Resume routine schoolwork Resume all previously restricted tests / exams Full extra-curricular involvement - not including sports or other physical activities |
| Acceptable activities at each stage of rehabilitation | 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 | Acceptable activities at each stage of rehabilitation | |

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