

FACT SHEET FOR PATIENTS AND FAMILIES

Concussion Return to Learn Protocol



Step 1: HOME – Total Rest

- No mental exertion – no computer, texting, television, video games, homework
- Stay at home
- No driving

PROGRESS TO NEXT LEVEL ONCE SIGNIFICANT DECREASE IN SYMPTOMS FOR 24 HOURS

Step 2: HOME – Light Mental Activity

- Up to 30 minutes mental exertion
- No prolonged concentration
- Stay at home
- No driving

PROGRESS TO THE NEXT LEVEL WHEN ABLE TO HANDLE UP TO 30 MINUTES OF MENTAL EXERTION WITHOUT WORSENING, RETURN OF SYMPTOMS

Step 3: SCHOOL – Part time – Maximum accommodations, Shortened Days/Schedule, Built-in breaks

- Provide quiet place for scheduled mental rest (for example, school nurse's office)
- No significant classroom or standardized testing
- Modify rather than postpone academics
- Provide extra time, extra help modified assignments

PROGRESS TO NEXT LEVEL WHEN ABLE TO HANDLE 30-40 MINUTES MENTAL EXERTION WITHOUT WORSENING, RETURN OF SYMPTOMS

Step 4: SCHOOL – Part time – Moderate accommodations

- No standardized testing
- Modified classroom testing
- Moderate decrease of extra time, help, and modification of assignments

PROGRESS TO NEXT LEVEL WHEN ABLE TO HANDLE 60 MINUTES MENTAL EXERTION WITHOUT WORSENING, RETURN OF SYMPTOMS

Step 5: SCHOOL – Full time – Minimal accommodations

- No standardized testing, routine tests okay
- Continue decrease of extra time, help, and modification of assignments
- May require more supports in academically challenging subjects

PROGRESS TO NEXT LEVEL WHEN ABLE TO HANDLE 60 MINUTES MENTAL EXERTION WITHOUT WORSENING, RETURN OF SYMPTOMS

AT THIS POINT, STUDENT MAY BE CONSIDERED FOR RETURN TO PLAY PROTOCOL WITH HEALTHCARE PROVIDER APPROVAL

Step 6: SCHOOL – Full time – Full academics, no accommodations

- Attends all classes
- Full homework

WHEN SYMPTOMS CONTINUE BEYOND 3-4 WEEKS, PROLONGED IN-SCHOOL SUPPORT IS REQUIRED. REQUEST A 504 MEETING TO PLAN AND COORDINATE.

★REMEMBER★

Progression is individual, all concussions are *different*.

Student may start at any step as symptoms dictate and remain at that step as long as needed.

Return to previous step if symptoms worsen, return.

FACT SHEET FOR PATIENTS AND FAMILIES

Concussion Return to Play Protocol



- This return to play plan should start only when you have been without any symptoms for 24 hours.
- It is important to wait for 24 hours between steps because symptoms may develop several hours after completing a step.
- Do not take any pain medications while moving through this plan (no ibuprofen, aspirin, Aleve, or Tylenol).
- This program should be supervised by an athletic trainer, school nurse or health care professional trained in the management of concussions
- Intensity levels: 1 = very easy; 10 = very hard.

Step 1: Aerobic conditioning - Walking, swimming, or stationary cycling.

- Intensity: 4 out of 10.
- Duration: no more than 30 minutes.
- If symptoms return, wait until you are symptom free for 24 hours then repeat Step 1.
- No symptoms for 24 hours, move to Step 2.

Step 2: Sports specific drills – skating drills in hockey, running drills in soccer/basketball.

- Intensity: 5 or 6 out of 10.
- Duration: no more than 60 minutes.
- No head impact activities. No scrimmages/potential for contact.
- If symptoms return, wait until you are symptom free for 24 hours then repeat Step 1.
- No symptoms for 24 hours, move to Step 3.

Step 3: Non-contact training drills – include more complex training drills (passing in soccer/ice hockey/basketball. Running specific pattern plays, etc).

- No head contact, or potential for body impact.
- OK to begin resistance training.
- Intensity: 7 out of 10.
- Duration: no more than 90 minutes.
- If symptoms return, wait until you are symptom free for 24 hours then repeat Step 2.
- No symptoms for 24 hours, move to Step 4.

Step 4: Full contact practice.

- **Only after medical clearance! You will need a note from a health care provider trained in managing concussions before returning to full contact practice or games.**
- No intensity/duration restrictions.
- If symptoms return, wait until you are symptom free for 24 hours and repeat Step 3.
- No symptoms for 24 hours, move to Step 5

Step 5: Full clearance for return to play.