

# Return to Learn and Activity

Diagnosis of Concussion

Appropriate licensed healthcare provider may progress

Complete Physical Rest until Medical Clearance

- No School
- No Activities
- Limit Tech Usage
- REST at Home

\*Appropriate Licensed VA Provider may suggest starting protocol at stages 1-3; then may be guided through remaining stages

### RECOVERY STAGE 1

**No School/Sports**

- Light cognitive activity -30 Min
- Limit Tech Usage
- Avoid Heavy Backpacks
- No Tests or homework
- No activity
- No Driving
- Monitor Symptoms
- Rest at Home

Symptom Free for 24hrs. ?

**YES** – Begin Stage 2

**NO** – Continue Resting

Date Attained

ATC/L: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

SCHOOL NURSE \_\_\_\_\_

### RECOVERY STAGE 2

**Return to School Part Time with Academic Accommodations**

**No Physical Activity**

- Limit Tech Usage
- No PE, Band or Chorus
- Monitor Symptoms
- Reduced homework
- Built in breaks
- Extra time for completion of work

Symptom Free for 24hrs. ?

**YES** – Begin Stage 3

**NO** – Continue Resting Until Symptom Free

Date Attained

ATC/L: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

SCHOOL NURSE \_\_\_\_\_

### RECOVERY STAGE 3

**Return to School Full Time with Academic Accommodations**

**Low Level Physical Activity**

- Full day school
- Increase Academic work Load Gradually
- Reduced homework
- Built in breaks
- Return to Play (Light aerobic activity including walking, bike)

Symptom Free for 24hrs. ?

**YES** – Begin Stage 4

**NO** – Continue Resting, return to Stage 2

Date Attained

ATC/L: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

SCHOOL NURSE \_\_\_\_\_

### RECOVERY STAGE 4

**Full Recovery to Academics**

**Moderate Level Physical Activity**

- Attend School Full Time
- Self – Advocate at School (meet due dates)
- Resume Normal Activities
- Return to Play (Sport Specific Exercise ie running drills, individual ball work)

Symptom Free for 24hrs. ?

**YES** – Begin Stage 5

**NO** – Continue Resting, return to Stage 3

Date Attained

ATC/L: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

SCHOOL NURSE \_\_\_\_\_

### RECOVERY STAGE 5

**Full Recovery to Academics**

**Heavy, Non-Contact Activity**

- Attend School Full Time
- Self – Advocate at School (meet due dates)
- Resume Normal Activities
- Return to Play (Full speed non-contact Exercise ie passing drills, more complex training drills)

Symptom Free for 24hrs. ?

**YES** – Begin Stage 6

**NO** – Continue Resting, return to Stage 4

Date Attained

ATC/L: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

SCHOOL NURSE \_\_\_\_\_

### RECOVERY STAGE 6

**Full Recovery to Academics**

**Full Contact Practice**

- Attend School Full Time
- Self – Advocate at School (meet due dates)
- Resume Normal Activities
- Return to Play (Full contact practice following medical clearance)

Symptom Free for 24hrs. ?

**YES** – Cleared for Full Participation

**NO** – Continue Resting, return to

Date Attained

ATC/L: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

SCHOOL NURSE \_\_\_\_\_