



Helpful Tips and Strategies for Parents, Teachers and Students:

- Relative rest immediately following the concussion (usually 1-3 days) is important in promoting recovery. Relative rest means reducing physical and cognitive activity. Extreme sensory rest (e.g. dark room, no screens, bed rest) is unnecessary.
- After the early period, gradually introduce more cognitive ("thinking") activities as tolerated. This also includes returning to school with possible modifications in length of day, workload, etc. See the table below for general guidelines for returning to learn.
- It is okay to slowly increase cognitive and physical activities even if the student continues to have symptoms. Students should monitor symptoms and reduce activities if symptoms increase (e.g. 2-point increase on a 0-10 pain scale).
- Most students should be returning to school (with modifications as needed) within 3-7 days
- Seek further medical care if your child continues to have symptoms beyond 7 days that are preventing progression in the return to learn steps
- Students should return to normal school schedule and course load without modifications before completing the return-to-play protocol
- Please give this form to teachers/school administrators to help them understand your child's recovery.

Note- These stages are only helpful guidelines and recovery strategies. Each student's treatment and recovery needs will be unique.

Stage	Home Activity	Cognitive Activity	Physical Activity
Brain Rest/ Restful Home Activity (Typically 1-3 days post- injury)	<ul style="list-style-type: none"> • Initially sleep at night as much as needed (allow at least 8-10 hours of sleep) • Allow short naps during the day (less than 1 hour at a time) • Stay well-hydrated and eat healthy foods/snacks every 3-4 hours • Limit "screen time" (phone, computer, video games) as symptoms tolerate; use a larger font 	<ul style="list-style-type: none"> • No school • No homework or take-home tests • May begin easy tasks at home (drawing, baking, limited television) • Soft music and 'books on tape' okay • Limit reading of hard-copy books as symptoms tolerate (e.g., short intervals of 10-15 min) • Once the student can complete 60-90 minutes of light mental activity with only a slight increase in symptoms, they may go to the next step 	<ul style="list-style-type: none"> • In most cases, light physical activity and exertion should be encouraged • Examples of accepted activities include a 10-30-minute walk, easy lap swim, stationary bike, stretching, etc. • As symptoms improve, it is okay to increase the intensity and duration of the activity slowly • No strenuous exercise or contact sports • No driving
<i>Progress to the next stage when your child starts to improve but may still have some symptoms</i>			
Return to School - PARTIAL DAY (Typically 2-4 days post-injury)	<ul style="list-style-type: none"> • Set a regular bedtime/wake-up schedule • Allow 8-10 hours of sleep per night • Limit napping to no more than one 30-60 minute nap per day • Stay well-hydrated and eat healthy foods/snacks every 3-4 hours • Limit "screen time" and social activities outside of school as symptoms tolerate 	<ul style="list-style-type: none"> • Gradually return to school • Sit in front of class • Start with a few hours/half-day • Take breaks in the nurse's office or a quiet room every 2 hours or as needed • Avoid loud areas (music, band, choir, shop class, locker room, cafeteria, loud hallway and gym) • Use brimmed hat/earplugs as needed • Complete necessary assignments only • Limit homework time • No tests or quizzes 	<ul style="list-style-type: none"> • Progress physical activity as instructed by a physician • No strenuous physical activity or contact sports • No driving
<i>Progress to the next stage as symptoms continue to improve and your child can complete the activities listed above</i>			
Return to School - FULL DAY (Typically 4-7 days post- injury)	<ul style="list-style-type: none"> • Allow 8-10 hours of sleep per night • Avoid napping • Stay well-hydrated and eat healthy foods/snacks every 3-4 hours • "Screen time" and social activities outside of school as symptoms tolerate 	<ul style="list-style-type: none"> • Progress to attending core classes for full days of school • Add in electives when tolerated • No more than 1 test or quiz per day • Give extra time or untimed homework/tests • Tutoring or extra help as needed 	<ul style="list-style-type: none"> • Progress in physical activity as instructed by a physician • No strenuous physical activity or contact sports • Okay to drive
<i>Progress to the next stage when your child has returned to full school and is able to complete all assignments/tests with no or slight increase in symptoms</i>			
Full Recovery (Typically 5-10 days post-injury)	<ul style="list-style-type: none"> • Return to normal home and social activities 	<ul style="list-style-type: none"> • Return to normal school schedule and course load 	<ul style="list-style-type: none"> • Complete CIF Return to Play Protocol