Barrow Concussion Network

Return to Learn



1

Daily Activities: Gradually Return to Typical Activities

The athlete may resume typical activities of their day as long as the activities don't increase symptoms.





2

School Activities:Increase Tolerance to Cognitive Work

The athlete may resume school activities, such as homework or reading, or other cognitive activities outside of the classroom.

3

Return to School Part Time: Increase Academic Activities

Schoolwork may be gradually introduced. The athlete may need to begin with half days with breaks throughout the day.





4

Return to School Full Time: Return to Full Academic Activities

Gradually increase school activities until the athlete can tolerate a full day, as well as catch up on missed work.

Barrow Concussion and Brain Injury Center

(602) 406-HEAD (4323) | Concussion.BarrowNeuro.org | BarrowNeuro.org Contact: (602) 406-4762 | ConcussionDiscussion@BarrowNeuro.org

Content source: cdc.gov/concussions, McCrory P, Meeuwise W, Dvorak J, et al. Consensus statement on concussion in sport - international conference on concussion in sport held in Berlin, October 2016. Br J Sports Med Published First: 26/4/2017. Doi:10.1136/bjsports-2017-097699