

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