

Concussions Return to Learn

1 Daily Activities: Gradual Return to Typical Activities

Typical activities that the athlete does during the day as long as they don't increase symptoms.



2 School Activities: Increase Tolerance to Cognitive Work

School activities such as homework, reading or other cognitive activities outside the classroom.

3 Return to School Part-time: Increase Academic Activities

Gradual introduction of school work. May need to begin with half days or with breaks throughout the day.



4 Return to School Full-time: Return to Full Academic Activities

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