

# Concussion Timeline



## Baseline Testing

Baseline testing is done before the season starts to help medical staff diagnose and return to play concussions. It includes balance, cognitive and neurological tests.



## Concussion

If you are showing signs of a concussion it is best to stop activity or be removed from play until evaluated by a healthcare professional.



## Recovery

It is best to get as much rest as possible for the first 24-48 hours. Once symptoms start to subside it is ok to slowly return to daily activities.



## Return to Learn

Returning to school should be done gradually. Always talk to your healthcare provider for the best way to return to school. Accommodations may be made to make returning easier.



## Return to Play

Once symptom free and test scores are back to baseline. A step-by-step progression can take place. Your healthcare provider will take you through each step to increase activity.

If at any point symptoms return during the Return to Learn and Return to Play progressions, consult your healthcare provider as adjustments will need to be made.