

Graduated Return to learn

As a concussion is a brain injury the ability of the player to think and process information will also be affected. The athlete may need to miss a few days of school or work after a concussion. When going back to school or work, some athletes may need to:

- Go back gradually
- Make changes to their schedule so that concussion symptoms do not get worse.
- If a particular activity makes symptoms worse, the athlete should stop that activity and rest until symptoms get better.

Step 1 Daily activities



Activities that do not give athletes symptoms. Typical activities that do not increase symptoms (e.g reading, texting, screen time)

Start with 5 - 15 minutes at a time and gradually build up.

Goal = gradually return to typical activities

Step 2 School / work activities

Homework, reading or other cognitive activities outside of the classroom



Goal = Increase tolerance to cognitive work

Step 3 Return to school/work part-time



A gradual introduction of school/work. May need to start with partial school/work day or with increased breaks during the day.

Goal = Increased academic activities

Step 4 Return to school/work full time

Gradually progress school/work activities until a full day can be tolerated.



Goal = Return to full academic work activities and catch up on missed school work

If the player continues to have symptoms with mental activity, some other things that can help with return to school or work may include:

- Starting school/work day late, only going for half days, or going to a certain class or doing certain tasks
- Taking lots of breaks during the day
- Allowing more time to finish tasks, assignments or tests
- No more than one exam per day
- Working in a quiet room
- Avoiding noisy areas at school or the workplace
- Use of a student helper/tutor