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

athletes symptoms. Typical activities that do not increase symptoms (e.g reading, texting, screen time) Start with 5 - 15 minutes

Activities that do not give

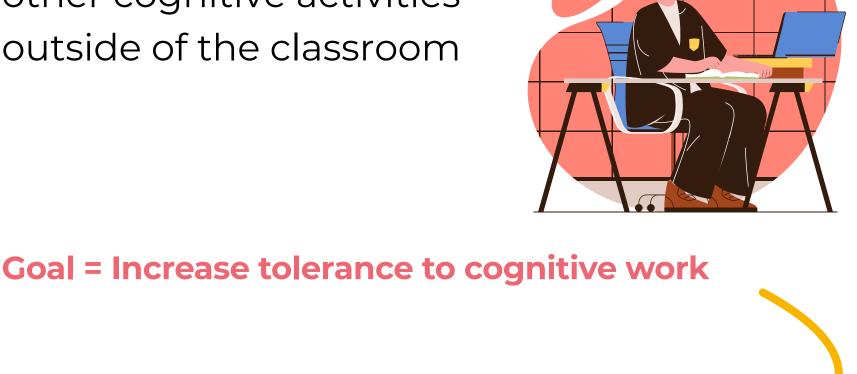
at a time and gradually build up. Goal = gradually return to typical activities

Homework, reading or

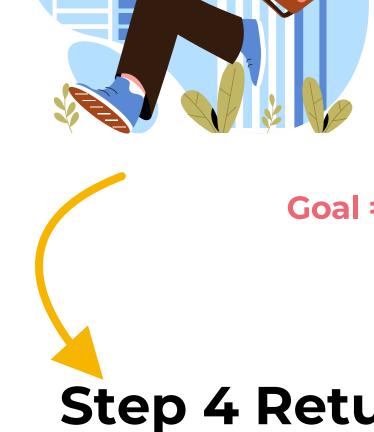
Step 2 School / work activities

outside of the classroom

other cognitive activities



Step 3 Return to school/work



Gradually progress

school/work activities

part-time

during the day. Goal = Increased academic activities Step 4 Return to school/work

A gradual introduction of

school/work. May need

school/work day or with

to start with partial

increased breaks

full time

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