



Return to Learn After Concussion



STEP 1:

Perform daily activities at home that do not cause symptoms. Start with 5-15 minutes of typical activities (example: reading, texting, and screen time) and gradually build up.

GOAL:

Gradual return to typical activities.



STEP 2:

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

GOAL:

Increase tolerance to cognitive work.



STEP 3:

Return to school part-time with a gradual introduction of schoolwork. May need to start with a partial day or with increased breaks during the day.

GOAL:

Increase academic activities.



STEP 4:

Return to school full-time by gradually progressing school activities until a full day can be tolerated.

GOAL:

Return to full academic activities & catch up on missed work.