

## Post Concussion Return to Learning Protocol

### Recovery stage 1:

Student remains at home for physical and cognitive rest (including strict limits on use of technology) until parent/guardian determines return to school is appropriate.

#### Criteria for progression to recovery stage 2:

- 1) Headaches, sensitivity to light/noise, fogginess, drowsiness, etc. have decreased to manageable levels.
- 2) Student can concentrate comfortably for 30-45 minutes.

### Recovery stage 2:

Student returns to school with academic adjustments. The student's parents/guardians, teachers, school principal, and school counselor will work as a team to plan needed adjustments. Adjustments may include partial school days, frequent breaks, limits on technology use, avoiding heavy backpacks, limiting homework, limiting testing, no physical education class, no music class, and rest at recess. Symptoms should be monitored daily and adjustments modified as needed to minimize symptoms. Use of technology should be kept to a minimum.

#### Criteria for progression to recovery stage 3:

Student attends school full time with no adjustments while remaining symptom free.

### Recovery stage 3:

Full recovery to academics with no restrictions on technology. May resume all normal activities. Students must be performing at their academic "baseline" prior to returning to sports or other extracurricular activities.

Complete recovery is typically achieved in 1-3 weeks following concussion. Failure to recover within the typical timeframe or failure to continually progress through the recovery stages should prompt consideration for additional medical examination.