

Gradual Return to Learn Progression

(Consensus Statement on Concussion in Sport – the 5th International Conference on Concussion in Sport held in Berlin, October 2016)

<u>Objective</u>	<u>Activity</u>	<u>Goal of each Step</u>
1. After Concussion Diagnosis: rest at home for 24-48 hours may be necessary	Typical activities during the day if symptoms are not increased, e.g., reading, texting, screen time – Start with 5 minutes and gradually increase	Gradual return to typical activities
2. School Related Activities	Homework, reading or other cognitive activities outside of the classroom – increase to 30 minutes before symptoms worsen	Increased tolerance to cognitive work
3. Return to School	Gradual introduction of schoolwork. May need to begin with partial day or with several rest breaks during day	Increase academic activities
4. Return to School Full Day	Gradually progress to full day of school activities; Moderate supports provided in response to symptom status (presence, absence or increase in symptoms) during day; Use progress monitoring to assess intervention effectiveness; adjust types and intensity of supports as symptoms subside	Increase academic activities and expectations for productivity; few rest breaks
5. Return to School Full Day Without Supports	Full day of school activities can be tolerated with no rest breaks or recurrence of symptoms	Return to full-time academic activities; no supports needed

Every student and every concussion is different! No two concussions are the same!

The amount of time needed between the injury and the commencement and completion of Return to Learn activities will vary between students and should be guided by symptom status.

Student is excused from PE, sports, “contact” activities at recess during recovery.

The Return to School progression should be allowed to progress over time and as symptoms subside. A **minimum** of 24 hours should elapse between each step of the Return to School progression.