

Return to Learn Protocol After Concussion/mild TBI



STEPS	PROGRESSION	DESCRIPTION
1.	HOME—Total Rest	<ul style="list-style-type: none"> No mental exertion- No Computer, Texting, Video Games or Homework. Stay at home. No driving.
2.	HOME—Light Mental Activity	<ul style="list-style-type: none"> Up to 30 minutes mental exertion. No prolonged concentration. Stay at home. No driving.
<p><i>Progress to the next level when able to handle up to 30 minutes mental exertion without worsening of symptoms</i></p> <p><i>When parent(s) indicate student is ready to return to school, school to send letter to parent(s)</i></p>		
3.	SCHOOL—Part time Maximum Accommodations Shortened Days/Schedule Built-in Breaks	<ul style="list-style-type: none"> Provide quiet place for scheduled mental rest. No significant classroom or standardized testing. Modify rather than postpone academics. Provide extra time, extra help, modified assignments.
<p><i>Progress to the next level when able to handle 30-40 minutes mental exertion without worsening of symptoms.</i></p> <p><i>At this stage include the athletic staff in <u>planning</u></i></p>		
4.	SCHOOL—Part Time Moderate Accommodations	<ul style="list-style-type: none"> No standardized testing. Modified classroom testing. Moderate decrease of extra time, help, and modification of assignments.
<p><i>Progress to the next level when able to handle 60 minutes mental exertion without worsening of symptoms.</i></p>		

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STEPS	PROGRESSION	DESCRIPTION
5.	SCHOOL—Full Time Minimal Accommodations	<ul style="list-style-type: none"> • No standardized Testing, Routine tests OK. • Continue decrease of extra time, help, and modification of assignments. • May require more supports in academically challenging subjects.

Progress to the next the next level when able to handle up to 60 minutes mental exertion without worsening of symptoms

At this point student may be considered for Return to Play Protocol with the appropriate healthcare professional approval

6.	SCHOOL—Full Time <ul style="list-style-type: none"> • Full Academics • No Accommodations 	<ul style="list-style-type: none"> • Attends all classes • Full homework
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When symptoms continue beyond 3-4 weeks, Prolonged In-School Support is required
Request a 504 meeting to plan and coordinate

****REMEMBER****
Progression is individual, all concussions are *different*.
Student may start at any step as symptoms dictate and remain at that step as long as needed. Return to previous step if symptoms worsen.

