

Graduated Return to Learn / Work

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:

1. Go back gradually
2. Make changes to their schedule so that concussion symptoms do not get worse.

If a particular activity makes symptoms worse then the athlete should stop that activity and rest until symptoms get better.

Mental Activity	Activity at Each Step	Goal of Each Step
1. Daily activities that do not give the athlete symptoms	Typical activities that the athlete does during the day as long as they do not increase symptoms (e.g. reading, texting, screen time). Start with 5-15 min at a time and gradually build up	Gradual return to typical activities
2. School / work activities	Homework, reading or other cognitive activities outside of classroom or work	Increase tolerance to cognitive work
3. Return to school / work part-time	Gradual introduction of school/work. May need to start with a partial school/work day or with increased breaks during the day.	Increased academic activities
4. Return to school / work full-time	Gradually progress school/work activities until a full day can be tolerated	Return to full academic/work activities and catch up on missed work

If the athlete continues to have symptoms with mental activity, some other accommodations that can help with return to school or work may include:

- Starting school / work day late, only going for half days, or going to certain class or doing certain tasks
- Take lots of breaks during the day
- Allow more time to finish tasks, assignments or tests
- No more than one exam per day
- Work in a quiet room
- Repetition / memory cues
- Avoid noisy areas at school or the work place
- Use of a student helper / tutor