

Sport Medicine Council of Alberta 11759 Groat Road Edmonton Alberta T5M 3K6 780-415-0812 www.sportmedab.ca

## **Concussion Management**Return to Learn Guidelines

Step 1 - Restrict all cognitive activity - Rest at home for 2-3 days as needed **Step 2** - Introduce cognitive activity\*, as tolerated - 5-15 minutes at a time, building up to 60 minutes Step 3 - School work from home - 20 minute sessions and increase up to 4 hours **Step 4** - Part time school day - Half day school and build up to a full day, as tolerated. Step 5 - Full day of school - Build up to a full week, as tolerated Step 6 - Full time school - Resume full workload and catch up on missed tasks

\* Examples of cognitive activity are work, school assignments/tests, reading, texting, video games, computer, television, and high level conversations.

After returning to full time school without symptoms reoccurring, you may begin the return to play guidelines.

Some accommodations may be necessary to ensure the student's full recovery. Accommodations may include moving deadlines, removing some of the workload immediately, as well as allowing for a few days off to rest.

It is recommended that parents and educators accommodate the need of the injured individual.

## For more information please visit:

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