

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> <p><i>At this point student may be considered for Return to Play Protocol with the appropriate healthcare professional approval</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.
<i>Progress to the next the next level when able to handle up to 60 minutes</i>		
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
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.