

Return to Learn Communication Tool

Return to Learn should be completed before Return to Play.

<p>STAGE 1: Restricted cognitive activity</p> <p>Cognitive rest at home.</p> <p>Restrict cognitive activities (i.e., schoolwork, reading, texting, video games, computer).</p>	<p>STAGE 2: Gradual reintroduction of cognitive activity</p> <p>Add cognitive activities. Start with 5-15 minutes at a time. Build to a 60-minute session without a break.</p>	<p>STAGE 3: Homework at home</p> <p>Add homework. Start with 20 minute sessions. Work up to the equivalent of half a school day (3-4 hours).</p>	<p>STAGE 4: School part-time* <small>*inform school</small></p> <p>Attend only quieter classes. No gym class, noisy locations, tests, or heavy backpacks. Start with half-day, work up to full day of quieter classes. At home, 15 minute homework blocks for up to 1 hour daily.</p>	<p>STAGE 5: Full days of school</p> <p>Do less than 5 days if needed. Homework as tolerated. Maximum one test per day, with option of extra time to complete. No gym class.</p>	<p>STAGE 6: School full-time</p> <p>Resume full cognitive workload. Catch up with homework and tests.</p> <p>Physical activity: Begin RETURN TO PLAY Communication Tool.</p>
<p>Recovery</p>	<p>Add cognitive activity</p>	<p>Increase stamina with self-paced activity</p>	<p>Begin gradual return to school</p>	<p>Work up to some full days at school</p>	
<p>Symptom-free for 24 hours? Yes: Begin Stage 2 No: Continue resting</p> <p>Time & date completed: _____ _____ _____</p>	<p>Tolerates cognitive activity for 1 hour without a break? Yes: Move to Stage 3 No: Return to Stage 1</p> <p>Time & date completed: _____ _____ _____</p>	<p>Tolerates 3-4 hours of trial school schedule at home? Yes: Move to Stage 4 No: Return to Stage 2</p> <p>Time & date completed: _____ _____ _____</p>	<p>Tolerates a full day of school with modifications? Yes: Move to Stage 5 No: Return to Stage 3</p> <p>Time & date completed: _____ _____ _____</p>	<p>Tolerates a full school day and a normal work load? Yes: Return to play No: Return to Stage 4</p> <p>Time & date completed: _____ _____ _____</p>	

If symptoms reappear at any stage, go back to the previous stage. You may need to move back a stage more than once during the recovery process. Physical activity during Return to Learn is restricted to walking as tolerated.