



Graduated Return to School Protocol

RECOVERY STAGE 1

Complete Physical and Cognitive Rest until Medical Clearance

- No School Attendance
- Strict Limits on Technology Usage
- REST

*Symptom Free for 24 Hours? ***

Yes:
Begin Stage 2

No:
Continue Resting

Date Attained:

RECOVERY STAGE 2

Return to School with Academic Accommodations

- Continue Limits on Technology Usage
- Avoid Heavy Backpacks
- No Tests, PE, Band or Chorus
- Monitor Symptoms
- REST at home

*Symptom Free for Next 24 hours? ***

Yes:
Begin Stage 3

No:
Rest Further until Symptom Free

Date Attained:

RECOVERY STAGE 3

Continue Academic Accommodations

- Attend School Full Time if Possible
- Increase Work Load Gradually (testing, homework, etc)
- Monitor Symptoms
- Incorporate light aerobic activity
- REST at home

*Symptom Free for Next 24 Hours? ***

Yes:
Begin Stage 4

No:
Return to Stage 2 until Symptom Free

Date Attained:

RECOVERY STAGE 4

Full Recovery to Academics

- Attend School Full Time
- Self-Advocate at School (meet due dates, etc)
- Resume Normal Activities
- Resume Sports following Graduated Return to Play

*Symptom Free Next 24 Hours? ***

Yes:
Return to School

No:
Return to Stage 4 until Symptom Free

Date Attained:

**** Symptom-Free means NO lingering Headaches, Sensitivity to Light/Noise, Fogginess, Drowsiness, etc**

Reference: HeadSmart Handbook: A Healthy Transition After Concussion (2010). www.Southshorehospital.org.