

# Concussion Return to Learn Protocol 2023

Step	Mental Activity	Activity at Each Step	Goal	Specific Instructions
1	Daily activities that do not result in more than a mild exacerbation* of symptoms related to the current concussion.	Typical activities during the day (e.g., reading) while minimising screen time. Start with 15-5 min at a time and increase gradually.	Gradual return to topical activities.	
2	School activities	Homework, reading, or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.	
3	Return to school part time.	Gradual introduction of schoolwork. May need to start with a partial school day or with greater access to rest breaks during the day.	Increase academic activities.	
4	Return to school full time.	Gradually progress school activities until a full day can be tolerated without more than mild* symptom exacerbation.	Return to full academic activities and catch up on missed work.	

**NOTE:** Following an initial period of relative rest (24-48 hours following injury at Step 1), athletes can begin a gradual and incremental increase in their cognitive load. Progression through the strategy for students should be slowed when there is more than a mild and brief symptom exacerbation.

\*Mild and brief exacerbation of symptoms is defined as an increase of no more than 2 points on a 0-10 point scale (with 0 representing no symptoms and 10 the worst symptoms imaginable) for less than an hour when compared with the baseline value reported prior to cognitive activity.

**Reference:** Patricios J, et al. *Br J Sports Med* June 2023 Vol 57 No 11