

# 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