

RETURN TO LEARN FOLLOWING CONCUSSION

Patient's name _____

Date of concussion _____ Today's date _____

Designated Concussion Monitor _____

ADVANCING TO NEXT STAGE

To advance to the next stage of recovery, the concussed person must be able to tolerate the current stage without worsening of symptoms.

For more information and a listing of concussion-trained clinicians, go to logan.org/savethebrain or call the Concussion Clinic at (406) 758-7035.

Stage	Activity	Permitted Activities & Examples	Objective
0	Rest (up to 2 days)	<ul style="list-style-type: none"> Complete cognitive rest. No activity of any kind, no school, no texting, no video games, no computer work. 	Recovery.
1	Gradually integrate cognitive activity	<ul style="list-style-type: none"> Add cognitive activity for short periods of time, 5-15 minutes 	Gradual controlled increase in cognitive activities.
2	Continue integration of cognitive activities AND Normal daily activities	<ul style="list-style-type: none"> Cognitive activities in longer increments of time, 20 to 30 minutes. 	Increase cognitive stamina by repetition of short periods of self-paced cognitive activity.
3	School Re-entry	<ul style="list-style-type: none"> Partial day of school with 1 to 2 hours cumulative homework. 	Re-enter school with accommodations to permit controlled increase in cognitive load.
4	Integrate into school setting	<ul style="list-style-type: none"> Gradually increase to full day of school. 	Decrease accommodations.
5	Resume full cognitive workload	<ul style="list-style-type: none"> Introduce testing and catch up on essential work missed. 	Full recovery to school.

I have monitored the student as he/she recovered from a concussion. He/she has now returned to full academic participation without additional accommodations.

Name and signature of concussion monitor

Date