

## ADVANCING TO NEXT STAGE

To advance to the next stage of recovery, the concussed person must be able to tolerate the current stage with no more than a mild and brief exacerbation of symptoms.

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

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

Patient's name \_\_\_\_\_

Date of concussion \_\_\_\_\_ Today's date \_\_\_\_\_

Designated Concussion Monitor \_\_\_\_\_

Stage	Activity	Permitted Activities & Examples	Objective
0	Relative Rest (24-48 hours)	<ul style="list-style-type: none"> <li>Minimize screen time</li> <li>Typical daily activities (eg, reading) that do not result in more than a mild exacerbation* of symptoms.</li> </ul>	Recovery.
1	Gradually integrate cognitive activity	<ul style="list-style-type: none"> <li>Begin cognitive activity for short periods of time, 5-15 minutes at a time and increase gradually as long as there is not more than a mild exacerbation* of symptoms.</li> </ul>	Gradual controlled increase in cognitive activities.
2	Continue integration of cognitive activities AND Normal daily activities	<ul style="list-style-type: none"> <li>Cognitive activities in longer increments of time, 20 to 30 minutes.</li> <li>Homework, reading or other cognitive activities outside of the classroom.</li> <li>There is no more than a mild exacerbation* of symptoms.</li> </ul>	Increase cognitive stamina by repetition of short periods of self-paced cognitive activity.
3	School Re-entry	<ul style="list-style-type: none"> <li>Partial day of school with 1 to 2 hours cumulative homework.</li> <li>May need greater access to rest breaks during the day.</li> <li>There is no more than a mild exacerbation* of symptoms.</li> </ul>	Re-enter school with accommodations to permit controlled increase in cognitive load.
4	Integrate into school setting	<ul style="list-style-type: none"> <li>Gradually increase to full day of school.</li> <li>There is no more than a mild exacerbation* of symptoms.</li> </ul>	Decrease accommodations.
5	Resume full cognitive workload	<ul style="list-style-type: none"> <li>Symptom free</li> <li>Introduce testing and catch up on essential work missed.</li> </ul>	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