

Parachute's Strategy for RETURN TO SCHOOL After a Concussion

1. Each stage is a minimum 24 hours. Move forward to the next stage only when activities are tolerated without new or worsening symptoms.
2. If symptoms re-appear, return to the previous stage for at least 24 hours.
3. Contact your doctor or get medical help immediately if symptoms worsen.

AT HOME

Cognitive & physical rest for first 24-48 hours



- | OK if tolerated | Not OK |
|----------------------|------------------------------------|
| ✓ Short board games | ✗ TV |
| ✓ Short phone calls | ✗ Computer/cell phone use |
| ✓ Camera photography | ✗ Reading |
| ✓ Crafts | ✗ School |
| | ✗ Physical exertion/stair climbing |
| | ✗ Organized sports |

READY FOR NEXT STAGE? Symptoms start to improve OR after resting for 48 hours max.

Stage 1 Light cognitive activity



- | OK if tolerated | Not OK |
|----------------------------|------------------------------------|
| ✓ Easy reading | ✗ Computer use |
| ✓ Limited TV | ✗ School |
| ✓ Drawing/LEGO/board games | ✗ Work |
| ✓ Some peer contact | ✗ Physical exertion/stair climbing |
| | ✗ Organized sports |

READY FOR NEXT STAGE? Tolerate 30 mins. of cognitive activity at home

Stage 2 School-type work/ Light physical activity



- | OK if tolerated | Not OK |
|--|------------------------------------|
| ✓ School-type work in 30 minute increments | ✗ School attendance |
| ✓ Light physical activity | ✗ Work |
| ✓ Some peer contact | ✗ Physical exertion/stair climbing |
| | ✗ Organized sports |

READY FOR NEXT STAGE? Tolerate up to 60 mins. of cognitive activity in 2-3 chunks

AT SCHOOL

Stage 3a Part-time school Light load



- | OK if tolerated | Not OK |
|--|--|
| ✓ Up to 120 mins. of cognitive activity in intervals | ✗ Music/Phys Ed class |
| ✓ Half-days at school/ 1-2 times a week | ✗ Tests/exams |
| ✓ Some light physical activity | ✗ Homework |
| | ✗ Heavy physical loads (e.g. backpack) |
| | ✗ Organized sports |

READY FOR NEXT STAGE? Tolerate school work up to 120 mins. a day for 1-2 days/week

Stage 3b Part-time school Moderate load



- | OK if tolerated | Not OK |
|---|-----------------------------------|
| ✓ Limited testing | ✗ Phys Ed class/physical exertion |
| ✓ School work for 4-5 hours/day in chunks | ✗ Standardized tests/exams |
| ✓ Homework - up to 30 mins./day | ✗ Organized sports |
| ✓ 3-5 days of school/ week | |
| ✓ Decrease learning accommodation | |

READY FOR NEXT STAGE? Tolerate school work 4-5 hours/ day in chunks for 2-4 days/week

Stage 4a Nearly normal workload



- | OK if tolerated | Not OK |
|--------------------------------------|--|
| ✓ Nearly normal cognitive activities | ✗ Phys Ed class |
| ✓ Routine school work as tolerated | ✗ Standardized tests/exams |
| ✓ Homework - up to 60 minutes/day | ✗ Full participation in organized sports |
| ✓ Minimal learning accommodation | |

READY FOR NEXT STAGE? Tolerate full-time academic load without worsening symptoms

Stage 4b Full time



- | OK if tolerated | Not OK |
|-------------------------------|--|
| ✓ Normal cognitive activities | ✗ Full participation in sports until medically cleared. (See Return-to-Sport Strategy) |
| ✓ Routine school work | |
| ✓ Full curriculum load | |
| ✓ No learning accommodation | |

READY FOR NEXT STAGE? Stages 5-6 of the Return-to-Sport Strategy